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## Grilled Shrimp Skewer with Mixed Greens and Vinaigrette Salad

This recipe combines delicious grilled shrimp skewers with a refreshing mixed greens and vinaigrette salad. It's a perfect dish for a summer barbecue or a light and healthy dinner. The shrimp is marinated in a flavorful blend of herbs and spices, then grilled to perfection. The mixed greens are tossed with a tangy vinaigrette dressing, adding a burst of freshness to the dish. Enjoy this tasty and nutritious recipe!

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 10 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	Shrimp
<b>200 g</b>	Mixed Greens
<b>150 g</b>	Cherry Tomatoes

<b>50 g</b>	red onion
<b>30 ml</b>	olive oil
<b>20 ml</b>	lemon juice
<b>2 cloves</b>	garlic
<b>1 tsp</b>	Dried Oregano
<b>0.5 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper

## Directions

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### Step 1

#### Mixing

In a bowl, combine olive oil, lemon juice, minced garlic, dried oregano, salt, and black pepper to make the marinade.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Resting

Add the shrimp to the marinade and let it marinate for 15 minutes.

**Prep Time:** 15 mins

**Cook Time:** 0 mins

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### Step 3

#### Preheating

Preheat the grill to medium-high heat.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 4

#### Cutting

Thread the marinated shrimp onto skewers.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 5

#### Grilling

Grill the shrimp skewers for 2-3 minutes per side, until they are cooked through and slightly charred.

**Prep Time:** 0 mins

**Cook Time:** 6 mins

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### Step 6

#### Mixing

In a large bowl, combine the mixed greens, cherry tomatoes, and sliced red onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 7

Mixing

Drizzle the vinaigrette dressing over the salad and toss to coat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 8

Serving

Serve the grilled shrimp skewers on a bed of mixed greens salad.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 8 g

**Protein:** 25 g

**Carbohydrates:** 8 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	200 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	20 mg	181.82%	250%
Selenium	50 mcg	90.91%	90.91%

## Recipe Attributes

### Events

Picnic

### Meal Type

Lunch

Snack

Supper

### Kitchen Tools

Microwave

### Course

Main Dishes

Salads

Soups

Sauces & Dressings

### Cultural

Diwali

Ramadan

Christmas

### Cost

Under \$10

### Demographics

Lactation Friendly

### Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Zone Diet

Okinawa Diet

Alkaline Diet

## Difficulty Level

Medium

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