

# Grapefruit, Fennel & Grilled Shrimp Salad

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-grilled-shrimp-salad-recipe>

## Ingredients:

- 3 tablespoons fresh lemon juice
- 1/4 cup extra virgin olive oil
- 1 teaspoon honey
- 15 large shrimp peeled & deveined
- 1 tablespoon olive oil
- 1 grapefruit large, peeled and segmented
- 1 English cucumber thinly shaved crosswise on a mandoline
- 1/2 fennel bulb large, halved, cored and thinly sliced crosswise on a mandoline
- 1 avocado peeled, pitted and thinly sliced
- 1 tablespoon chopped fresh chives
- 1 tablespoon cilantro leaves chopped
- salt
- freshly ground pepper

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 19 grams
3. Fat: 24 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 220 milligrams
8. Sugar: 8 grams

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