



Apple and Shrimp Salad with Spicy Nut Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



677 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup almonds
- ☐ 3 bacon strips diced cooked
- ☐ 0.5 cup cucumber diced
- ☐ 0.3 cup cilantro leaves fresh plus more for garnish chopped
- ☐ 0.5 cup grape tomatoes halved
- ☐ 1 apples diced green peeled
- ☐ 0.5 jalapeno finely chopped

- ☐ 1 tablespoon juice of lime fresh
- ☐ 3 tablespoons peanut butter
- ☐ 0.3 cup onion red finely chopped
- ☐ 2 servings salt and pepper to taste
- ☐ 0.5 pound shrimp cooked cut into bite size pieces
- ☐ 1 tablespoon water
- ☐ 1 tablespoon vinegar white

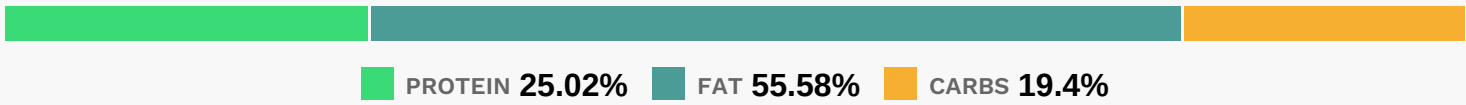
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl mix all the dressing ingredients and set aside. In a large bowl, toss together the salad ingredients, except the bacon.
- ☐ Drizzle the dressing over the mixture, add the bacon and fresh cilantro, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:125, Glycemic Load:5.31, Inflammation Score:-8, Nutrition Score:31.7339127193333%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg Epicatechin: 7.17mg, Epicatechin: 7.17mg, Epicatechin: 7.17mg, Epicatechin: 7.17mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.42mg,

Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg

Nutrients (% of daily need)

Calories: 677.12kcal (33.86%), Fat: 44.14g (67.91%), Saturated Fat: 6.07g (37.93%), Carbohydrates: 34.67g (11.56%), Net Carbohydrates: 23.42g (8.52%), Sugar: 16.89g (18.77%), Cholesterol: 194.45mg (64.82%), Sodium: 639.78mg (27.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.72g (89.43%), Vitamin E: 16.54mg (110.24%), Manganese: 1.76mg (87.99%), Phosphorus: 663.5mg (66.35%), Magnesium: 245.2mg (61.3%), Copper: 1.2mg (59.85%), Fiber: 11.24g (44.97%), Vitamin B2: 0.74mg (43.31%), Vitamin B3: 6.81mg (34.05%), Potassium: 1175.83mg (33.6%), Zinc: 4.38mg (29.22%), Calcium: 251.98mg (25.2%), Vitamin C: 18.77mg (22.76%), Iron: 3.49mg (19.38%), Vitamin B6: 0.37mg (18.64%), Vitamin B1: 0.26mg (17.58%), Folate: 63.94µg (15.99%), Vitamin K: 14.38µg (13.7%), Selenium: 9.48µg (13.54%), Vitamin A: 565.19IU (11.3%), Vitamin B5: 0.86mg (8.65%), Vitamin B12: 0.13µg (2.18%)