



Asian Pecan, Shrimp & Rice Salad

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups rice cooked
- 0.5 cup green onions sliced
- 2 Tbsp oil
- 0.5 cup planters pecan halves toasted chopped
- 1 lb shrimp cleaned cooked
- 0.3 cup teriyaki sauce

Equipment

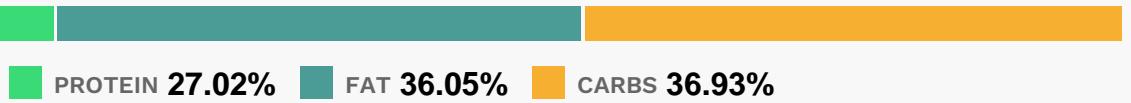
- bowl

whisk

Directions

- Mix rice, shrimp, pecans and onions in large bowl.
- Beat teriyaki sauce and oil with wire whisk until well blended.
- Add to rice mixture; mix well. Cover.
- Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:9.63, Inflammation Score:-1, Nutrition Score:3.5099999386331%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 111.43kcal (5.57%), Fat: 4.49g (6.91%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 9.82g (3.57%), Sugar: 0.9g (1%), Cholesterol: 48.69mg (16.23%), Sodium: 220.67mg (9.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.15%), Manganese: 0.31mg (15.65%), Phosphorus: 96.07mg (9.61%), Copper: 0.19mg (9.36%), Vitamin K: 8.35µg (7.95%), Magnesium: 21.96mg (5.49%), Zinc: 0.73mg (4.85%), Selenium: 2.57µg (3.67%), Potassium: 124.42mg (3.55%), Calcium: 28.42mg (2.84%), Vitamin E: 0.4mg (2.69%), Iron: 0.43mg (2.42%), Vitamin B6: 0.04mg (2.16%), Fiber: 0.53g (2.14%), Vitamin B1: 0.03mg (2.09%), Vitamin B5: 0.16mg (1.64%), Vitamin B3: 0.24mg (1.22%), Folate: 4.19µg (1.05%)