



Asian Sesame Salad with Blackened Shrimp

 Dairy Free

READY IN



16 min.

SERVINGS



16

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup asian sesame dressing toasted kraft
- 6 oz baby spinach leaves
- 1.5 tsp cajun spice
- 1 cup matchlike carrot sticks
- 0.5 cup cilantro leaves chopped
- 1 cup cabbage shredded green
- 4 green onions diagonally sliced
- 1 cup cabbage shredded red

- 1 lb shrimp deveined uncooked peeled
- 1 cup snow peas fresh cut lengthwise into thin strips

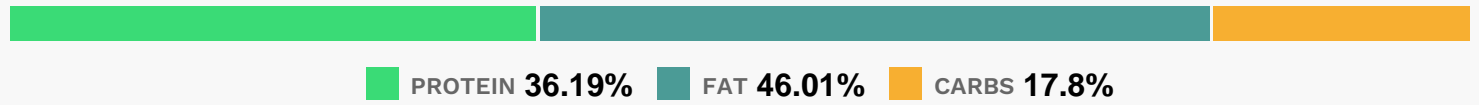
Equipment

- grill
- skewers

Directions

- Heat greased grill to medium-high heat.
- Thread shrimp onto 8 skewers; sprinkle with seasoning, turning skewers to evenly coat both sides of each shrimp. Grill 3 min. on each side or until shrimp turn pink.
- Cover 4 large plates with spinach; top with next 6 ingredients.
- Drizzle with dressing; top with shrimp.

Nutrition Facts



Properties

Glycemic Index:14.61, Glycemic Load:0.51, Inflammation Score:-9, Nutrition Score:9.1965216398239%

Flavonoids

Cyanidin: 11.67mg, Cyanidin: 11.67mg, Cyanidin: 11.67mg, Cyanidin: 11.67mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 71.51kcal (3.58%), Fat: 3.8g (5.84%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.22g (0.81%), Sugar: 1.77g (1.96%), Cholesterol: 45.64mg (15.21%), Sodium: 129.17mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Vitamin K: 71.69µg (68.28%), Vitamin A: 2638.97IU (52.78%), Vitamin C: 12.61mg (15.28%), Manganese: 0.16mg (8.1%), Phosphorus: 79.65mg (7.96%), Folate: 29.93µg (7.48%), Copper: 0.14mg (7%), Potassium: 221.04mg (6.32%), Magnesium: 23.28mg (5.82%), Vitamin E: 0.79mg (5.25%), Iron: 0.8mg (4.43%), Fiber: 1.09g (4.35%), Calcium: 42.67mg (4.27%), Zinc: 0.52mg (3.49%), Vitamin B6: 0.07mg (3.29%), Vitamin B2: 0.04mg (2.42%), Vitamin B1: 0.03mg (2.11%), Vitamin B3: 0.27mg (1.34%),

Vitamin B5: 0.1mg (1.03%)