



Asian Shrimp and Chickpea Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon brown sugar
- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 2 cups brown rice instant cooked (without salt or fat)
- ☐ 1 tablespoon sesame oil dark
- ☐ 1.5 cups bean sprouts fresh
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 0.3 cup green onions diagonally sliced
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup rice vinegar
- ☐ 1 pound shrimp fresh cooked peeled
- ☐ 6 ounce snow peas thawed
- ☐ 2 teaspoons water

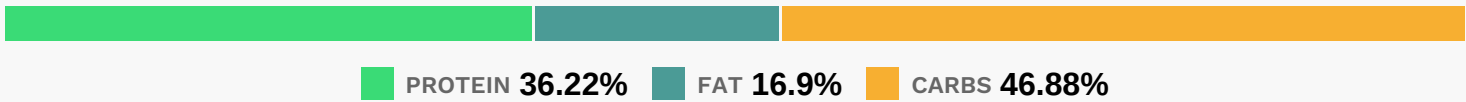
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl; toss well.
- ☐ Combine vinegar and remaining 6 ingredients; stir well with a wire whisk.
- ☐ Pour over rice mixture; toss well. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:28.22, Glycemic Load:2.79, Inflammation Score:-6, Nutrition Score:14.385217376377%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 240.48kcal (12.02%), Fat: 4.55g (7%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 23.45g (8.53%), Sugar: 2.69g (2.99%), Cholesterol: 121.71mg (40.57%), Sodium: 395.81mg (17.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.89%), Manganese: 0.97mg (48.44%), Phosphorus: 277.01mg (27.7%), Vitamin K: 27.62µg (26.31%), Vitamin C: 21.58mg (26.16%), Copper: 0.5mg (25.11%), Vitamin B6: 0.45mg (22.55%), Folate: 89.38µg (22.34%), Fiber: 4.95g (19.81%), Iron: 3.23mg (17.94%), Magnesium: 64.71mg (16.18%), Zinc: 2.02mg (13.45%), Potassium: 433.99mg (12.4%), Calcium: 100.2mg (10.02%), Vitamin B1: 0.13mg (8.89%), Vitamin A: 380.45IU (7.61%), Vitamin B3: 1.48mg (7.4%), Selenium: 4.57µg (6.53%), Vitamin B5: 0.58mg (5.77%), Vitamin B2: 0.08mg (4.79%), Vitamin E: 0.22mg (1.46%)