



Asian Shrimp Salad

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



146 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 servings asian pineapple sesame dressing (recipe below)
- 3 tablespoons green onions sliced
- 1 large cranberry-orange relish peeled cut into half slices
- 0.3 cup bell pepper red chopped
- 4 cups dole® hearts of romaine
- 0.3 pound shrimp deveined cooked peeled

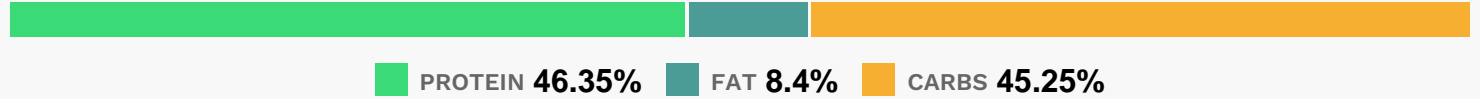
Equipment

- bowl

Directions

- Combine shrimp, orange, bell pepper, and green onions in medium bowl. Toss with Asian Pineapple Dressing, to taste.
- Divide salad on 2 large plates. Spoon shrimp mixture over each salad. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:4.12, Inflammation Score:-10, Nutrition Score:24.779130360355%

Flavonoids

Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 145.75kcal (7.29%), Fat: 1.47g (2.26%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 17.84g (5.95%), Net Carbohydrates: 11.84g (4.31%), Sugar: 11.65g (12.95%), Cholesterol: 121.71mg (40.57%), Sodium: 113.92mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.55%), Vitamin A: 13617.02IU (272.34%), Vitamin K: 168.01µg (160.01%), Vitamin C: 88.18mg (106.89%), Folate: 240.62µg (60.16%), Fiber: 6g (23.99%), Potassium: 800.59mg (22.87%), Phosphorus: 228.02mg (22.8%), Copper: 0.42mg (20.89%), Manganese: 0.31mg (15.67%), Magnesium: 60.6mg (15.15%), Calcium: 141.11mg (14.11%), Vitamin B1: 0.2mg (13.47%), Vitamin B6: 0.24mg (11.98%), Iron: 2.13mg (11.82%), Zinc: 1.51mg (10.05%), Vitamin B2: 0.16mg (9.51%), Vitamin E: 0.84mg (5.63%), Vitamin B5: 0.52mg (5.2%), Vitamin B3: 1mg (5%), Selenium: 1.13µg (1.62%)