



Asian Shrimp Salad



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



15

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons ginger fresh grated
- ☐ 1 tablespoon honey
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 cup mandarin orange segents canned drained (in juice)
- ☐ 2 tablespoons orange juice
- ☐ 8 cups romaine lettuce chopped
- ☐ 8 ounces shrimp deveined peeled
- ☐ 0.3 cup slivered almonds toasted

- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup bottled asian vinaigrette

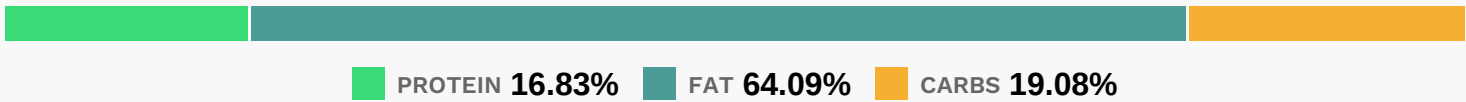
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a medium bowl, whisk together orange juice, soy sauce, ginger and honey.
- ☐ Add shrimp; toss to coat. Cover and refrigerate 15 to 30 minutes.
- ☐ Place lettuce and mandarin oranges in a large bowl.
- ☐ Drain shrimp; discard marinade. In a large skillet, warm oil over medium heat.
- ☐ Add shrimp and cook, stirring once or twice, until pink, 4 to 6 minutes per side.
- ☐ Place shrimp in bowl with lettuce and orange segments.
- ☐ Pour dressing over salad and gently toss. Divide among 4 plates, sprinkle with almonds and serve.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:1.38, Inflammation Score:-9, Nutrition Score:6.8195652184279%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 99.26kcal (4.96%), Fat: 7.4g (11.38%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 3.85g (1.4%), Sugar: 3.35g (3.73%), Cholesterol: 24.34mg (8.11%), Sodium: 173.48mg (7.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Vitamin A: 2276.39IU (45.53%), Vitamin K: 37.26µg (35.49%), Folate: 39.83µg (9.96%), Vitamin E: 1.22mg (8.16%), Vitamin C: 5.63mg (6.82%), Manganese: 0.12mg (6.19%), Phosphorus: 61.61mg (6.16%), Copper: 0.11mg (5.28%), Magnesium: 20.17mg (5.04%), Potassium: 163mg (4.66%), Fiber: 1.1g (4.41%), Vitamin B2: 0.06mg (3.55%), Calcium: 30.87mg (3.09%), Iron: 0.5mg (2.78%), Zinc: 0.38mg (2.55%), Vitamin B1: 0.03mg (2.29%), Vitamin B6: 0.04mg (2.02%), Vitamin B3: 0.28mg (1.38%)