



Asparagus Salad with Shrimp



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus
- ☐ 0.5 pound pink salad shrimp shelled cooked
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 garlic clove fresh minced
- ☐ 1 Tbsp juice of lemon to taste (more)
- ☐ 1 Tbsp parsley fresh minced
- ☐ 4 servings salt and pepper black to taste

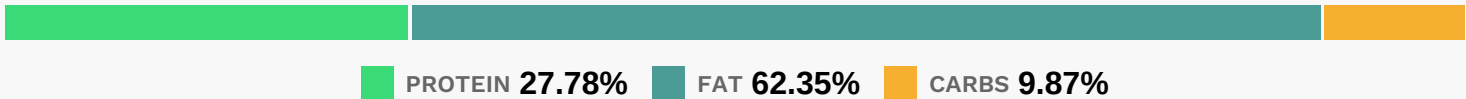
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Boil the asparagus: Bring a medium pot of water to a boil and salt it well.
- ☐ Add the asparagus to the boiling water and boil for 3 minutes. Use a slotted spoon to remove the asparagus to a bowl of ice water to cool.
- ☐ Add the shrimp to the pot of boiling water. If they are pre-cooked, remove after 30 seconds—this is just to warm them. If the shrimp are uncooked, boil them for 2–3 minutes, until cooked through.
- ☐ Remove the shrimp and add them to a large bowl.
- ☐ the asparagus spears thinly on the diagonal until you get close to the tip.
- ☐ Cut the asparagus tips off in one piece. (They look prettier that way.)
- ☐ Put the asparagus in the bowl with the shrimp.
- ☐ Add the remaining ingredients and toss to combine.
- ☐ Add salt and black pepper to taste.
- ☐ Add more lemon juice if desired, to taste.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:12.453043377918%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 192.5kcal (9.62%), Fat: 13.95g (21.45%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 2.53g (0.92%), Sugar: 2.24g (2.49%), Cholesterol: 91.29mg (30.43%), Sodium: 264.5mg (11.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.96%), Vitamin K: 70.89µg (67.52%), Copper: 0.44mg (22.02%), Vitamin E: 3.24mg (21.59%), Vitamin A: 937.61IU (18.75%), Phosphorus: 182.3mg (18.23%), Iron: 2.87mg (15.96%), Folate: 61.18µg (15.3%), Vitamin C: 9.3mg (11.27%), Potassium: 391.06mg (11.17%), Vitamin B1: 0.17mg (11.03%), Manganese: 0.21mg (10.64%), Fiber: 2.44g (9.76%), Vitamin B2: 0.16mg (9.54%), Zinc: 1.39mg (9.29%), Magnesium: 36.61mg (9.15%), Calcium: 66.65mg (6.67%), Vitamin B6: 0.12mg (5.75%), Vitamin B3: 1.13mg (5.65%), Selenium: 2.72µg (3.89%), Vitamin B5: 0.32mg (3.24%)