



Bacon, Arugula, and Shrimp Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 ounces arugula leaves
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 2 tablespoons yogurt plain low-fat
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 2 slices center-cut bacon

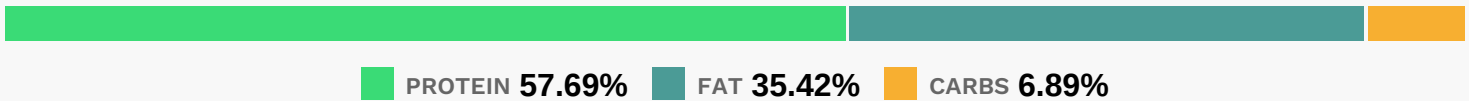
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from the pan, reserving 1 teaspoon drippings in pan. Crumble bacon, and set aside.
- ☐ Add shrimp to drippings in the pan; saut 5 minutes or until done. Using a slotted spoon, transfer shrimp to a large bowl.
- ☐ Add arugula leaves and halved cherry tomatoes to shrimp; toss gently.
- ☐ Combine yogurt, vinegar, oil, and pepper in a small bowl, stirring well with a whisk.
- ☐ Drizzle vinegar mixture over shrimp mixture; toss gently to combine.
- ☐ Place 2 1/4 cups salad mixture on each of 4 plates; divide crumbled bacon evenly among salads.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.81, Inflammation Score:-5, Nutrition Score:11.213913024768%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 6.19mg, Kaempferol: 6.19mg, Kaempferol: 6.19mg, Kaempferol: 6.19mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 262.11kcal (13.11%), Fat: 10.33g (15.89%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 3.94g (1.43%), Sugar: 3.19g (3.55%), Cholesterol: 286.34mg (95.45%), Sodium: 339.36mg (14.75%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.85g (75.7%), Phosphorus: 425.69mg (42.57%), Copper: 0.72mg (35.95%), Vitamin K: 21.78µg (20.75%), Magnesium: 76.25mg (19.06%), Potassium: 665.32mg (19.01%), Zinc: 2.72mg (18.16%), Calcium: 163.24mg (16.32%), Vitamin C: 11.23mg (13.61%), Vitamin A: 615.06IU (12.3%), Manganese: 0.18mg (9.05%), Iron: 1.56mg (8.66%), Selenium: 4.19µg (5.99%), Folate: 23.15µg (5.79%), Vitamin B1: 0.08mg (5.03%), Vitamin B3: 0.99mg (4.95%), Vitamin B6: 0.1mg (4.78%), Vitamin E: 0.65mg (4.36%), Vitamin B2: 0.06mg (3.51%), Vitamin B5: 0.29mg (2.86%), Vitamin B12: 0.15µg (2.43%), Fiber: 0.58g (2.3%)