



## Basil Shrimp Salad

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup basil mayonnaise
- 0.5 cup celery finely chopped
- 0.3 cup green onions sliced
- 2 pounds shrimp cooked peeled
- 4 large to 6 tomatoes

### Equipment

- paper towels

## Directions

- Cut a 1/4-inch slice from tops of tomatoes; scoop out and discard pulp, leaving shells intact.
- Drain tomato shells upside down on paper towels.
- Stir together shrimp and next 3 ingredients. Spoon evenly into tomato shells.

## Nutrition Facts

**PROTEIN 80.53%** **FAT 5.97%** **CARBS 13.5%**

## Properties

Glycemic Index:28.67, Glycemic Load:1.35, Inflammation Score:-7, Nutrition Score:11.010869600203%

## Flavonoids

Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 153.1kcal (7.65%), Fat: 1.04g (1.6%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 3.59g (1.3%), Sugar: 3.4g (3.78%), Cholesterol: 243.43mg (81.14%), Sodium: 193.43mg (8.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.62g (63.25%), Phosphorus: 356.8mg (35.68%), Copper: 0.67mg (33.65%), Vitamin K: 24.83µg (23.64%), Vitamin A: 1142.79IU (22.86%), Vitamin C: 17.85mg (21.63%), Potassium: 723.05mg (20.66%), Magnesium: 68.66mg (17.17%), Zinc: 2.27mg (15.12%), Calcium: 117.04mg (11.7%), Manganese: 0.22mg (10.75%), Fiber: 1.72g (6.86%), Iron: 1.22mg (6.8%), Folate: 24.58µg (6.14%), Vitamin B6: 0.11mg (5.37%), Vitamin E: 0.71mg (4.73%), Vitamin B3: 0.78mg (3.89%), Vitamin B1: 0.05mg (3.29%), Vitamin B2: 0.03mg (1.88%), Vitamin B5: 0.13mg (1.34%)