



BBQ Ranch Shrimp Salad

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup bull's-eye original barbecue sauce
- 0.5 cup milk mild cheddar cheese shredded 2% kraft
- 10 oz salad greens mixed
- 1 cup mushrooms sliced
- 0.5 cup lite ranch dressing kraft
- 0.3 cup onion red thin
- 1 lb shrimp cleaned
- 0.5 cup coarsely tortilla chips low-fat crushed

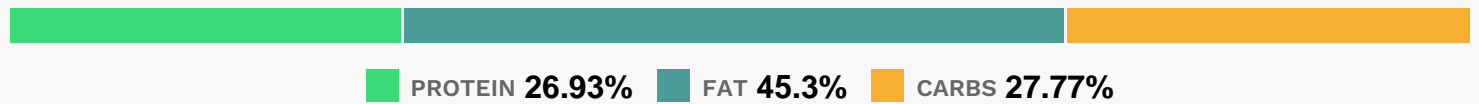
Equipment

- bowl
- frying pan

Directions

- Heat barbecue sauce in large skillet on medium-high heat.
- Add shrimp; cook 5 to 7 min. or until shrimp turn pink, stirring occasionally.
- Toss greens with mushrooms and onions in large bowl.
- Add shrimp and dressing; toss to coat.
- Sprinkle with the cheese and chips; mix lightly.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:2.4165217351654%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 69.28kcal (3.46%), Fat: 3.53g (5.43%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 4.63g (1.68%), Sugar: 2.29g (2.55%), Cholesterol: 32.72mg (10.91%), Sodium: 149.28mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.45%), Phosphorus: 72.61mg (7.26%), Vitamin K: 7.08µg (6.74%), Copper: 0.1mg (4.87%), Calcium: 35.22mg (3.52%), Vitamin C: 2.86mg (3.47%), Vitamin A: 166.2IU (3.32%), Potassium: 104.22mg (2.98%), Magnesium: 11.63mg (2.91%), Zinc: 0.42mg (2.81%), Vitamin B2: 0.04mg (2.38%), Selenium: 1.39µg (1.99%), Manganese: 0.04mg (1.8%), Vitamin E: 0.25mg (1.67%), Vitamin B5: 0.16mg (1.57%), Folate: 6.21µg (1.55%), Iron: 0.28mg (1.54%), Vitamin B6: 0.03mg (1.32%), Vitamin B3: 0.26mg (1.3%)