



WHATSheATE



Bloody Mary Shrimp and Pasta Salad



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 box ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 0.3 cup vodka
- ☐ 1.5 lb shrimp frozen thawed deveined cooked peeled
- ☐ 1 cup cucumber peeled chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 1 slices marinated mushrooms
- ☐ 1 serving beef jerky
- ☐ 1 serving celery stalks

☐ 0.8 cup frangelico

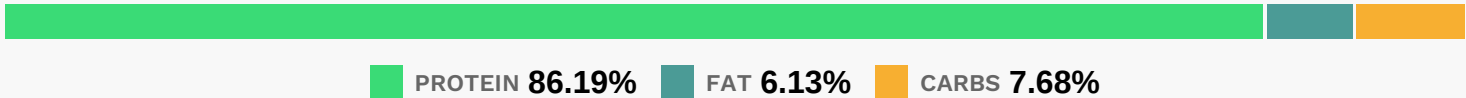
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Pour pasta (from Suddenly Salad box) into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- ☐ Drain pasta. Rinse with cold water; drain well.
- ☐ Meanwhile, in large bowl, stir together seasoning (from Suddenly Salad box), Bloody Mary mix and vodka until blended. Stir in cooked pasta, shrimp, cucumber and bell pepper. Cover and refrigerate 1 hour.
- ☐ To serve, place lemon and lime slices, mushrooms and olives on wooden skewers.
- ☐ Serve salad with skewers, beef jerky and celery sticks.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:11.427826199924%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 194.9kcal (9.75%), Fat: 1.1g (1.69%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.08g (0.76%), Sugar: 2.06g (2.29%), Cholesterol: 273.98mg (91.33%), Sodium: 213.38mg (9.28%), Alcohol: 5.01g (100%), Alcohol %: 2.47% (100%), Protein: 34.87g (69.74%), Vitamin C: 48.76mg (59.1%), Phosphorus:

382.5mg (38.25%), Copper: 0.7mg (34.86%), Vitamin A: 1193.28IU (23.87%), Magnesium: 68.15mg (17.04%), Potassium: 575.79mg (16.45%), Zinc: 2.45mg (16.33%), Calcium: 116.37mg (11.64%), Iron: 1.14mg (6.34%), Vitamin B6: 0.13mg (6.3%), Manganese: 0.12mg (6.13%), Folate: 22.7µg (5.67%), Fiber: 1.03g (4.13%), Vitamin K: 4.3µg (4.09%), Vitamin E: 0.6mg (4%), Vitamin B2: 0.04mg (2.44%), Vitamin B1: 0.03mg (2.11%), Vitamin B5: 0.2mg (1.99%), Vitamin B3: 0.38mg (1.91%)