



Bloody Mary Shrimp and Pasta Salad

 Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

- ☐ 0.8 cup frangelico
- ☐ 0.8 cup frangelico

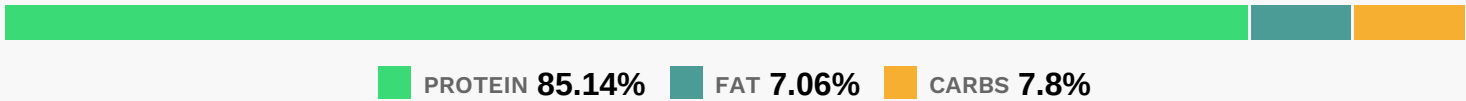
Equipment

- ☐ 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:0.55, Inflammation Score:-7, Nutrition Score:11.553043435611%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg 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: 198.08kcal (9.9%), Fat: 1.29g (1.99%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.16g (0.78%), Sugar: 2.14g (2.38%), Cholesterol: 274.34mg (91.45%), Sodium: 227.33mg (9.88%),

Alcohol: 5.01g (100%), Alcohol %: 2.46% (100%), Protein: 35.12g (70.24%), Vitamin C: 48.78mg (59.13%), Phosphorus: 385.74mg (38.57%), Copper: 0.7mg (34.96%), Vitamin A: 1196.65IU (23.93%), Magnesium: 68.61mg (17.15%), Zinc: 2.51mg (16.74%), Potassium: 582.22mg (16.63%), Calcium: 116.82mg (11.68%), Iron: 1.18mg (6.57%), Vitamin B6: 0.13mg (6.39%), Manganese: 0.12mg (6.21%), Folate: 23.97µg (5.99%), Vitamin K: 4.54µg (4.32%), Fiber: 1.06g (4.23%), Vitamin E: 0.61mg (4.04%), Vitamin B2: 0.04mg (2.53%), Vitamin B1: 0.03mg (2.19%), Vitamin B5: 0.2mg (2.02%), Vitamin B3: 0.4mg (1.99%)