



Bloody Mary Tomato Salad with Quick Pickled Shrimp



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



39 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

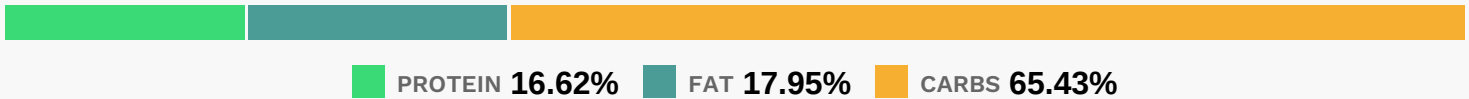
- ☐ 0.3 cup celery diagonally sliced
- ☐ 0.5 cup celery leaves packed
- ☐ 1 slices parsley fresh chilled
- ☐ 8 servings shrimp quick
- ☐ 3 pounds tomatoes assorted sliced
- ☐ 8 servings balsamic vinaigrette salad dressing

Equipment

Directions

- ☐ Arrange tomatoes and sliced celery on a large chilled platter.
- ☐ Sprinkle with table salt and black pepper to taste.
- ☐ Drizzle with desired amount of Bloody Mary Vinaigrette. Spoon Quick Pickled Shrimp over tomatoes. Top with celery leaves.
- ☐ Serve immediately with remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:1.82, Inflammation Score:-8, Nutrition Score:7.5495652064033%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 38.66kcal (1.93%), Fat: 0.88g (1.35%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 4.86g (1.77%), Sugar: 4.75g (5.28%), Cholesterol: 1.61mg (0.54%), Sodium: 24.97mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.67%), Vitamin A: 1512.73IU (30.25%), Vitamin C: 24.06mg (29.16%), Vitamin K: 22.04µg (20.99%), Potassium: 455.93mg (13.03%), Manganese: 0.21mg (10.7%), Fiber: 2.35g (9.4%), Folate: 32.54µg (8.14%), Vitamin B6: 0.15mg (7.51%), Vitamin E: 1.02mg (6.78%), Copper: 0.11mg (5.56%), Vitamin B3: 1.07mg (5.36%), Magnesium: 21.21mg (5.3%), Phosphorus: 47.59mg (4.76%), Vitamin B1: 0.07mg (4.47%), Iron: 0.51mg (2.83%), Vitamin B2: 0.04mg (2.55%), Calcium: 25.42mg (2.54%), Zinc: 0.33mg (2.19%), Vitamin B5: 0.2mg (1.99%)