



WHATSheATE



Butter Lettuce Shrimp Salad with Pears and Blue Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup roasted almonds smoked salted (see notes)
- ☐ 4 servings cheese dressing blue
- ☐ 2 bosc pears
- ☐ 2 heads boston lettuce ()
- ☐ 0.5 cup cherry tomatoes ()
- ☐ 4 servings fresh-ground pepper
- ☐ 2 tablespoons rice vinegar

☐ 0.5 pound tiny shrimp shelled cooked

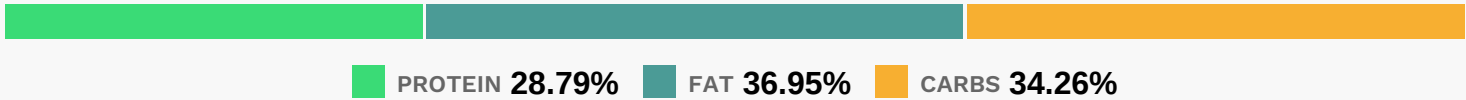
Equipment

- ☐ bowl
- ☐ ladle
- ☐ ziploc bags

Directions

- ☐ Rinse and drain lettuce leaves; wrap in towels, enclose in a plastic bag, and chill at least 15 minutes or up to 2 days.
- ☐ Rinse shrimp with cold water and drain. Rinse and stem tomatoes; if larger than 1/2 inch, cut into quarters.
- ☐ Coarsely chop nuts. Rinse pears, core, and cut into 1/4-inch-thick sticks; in a bowl, mix cut fruit with lemon juice.
- ☐ Mound lettuce on plates or in bowls. Over lettuce, evenly scatter shrimp, tomatoes, and nuts. Top equally with pears. Ladle dressing to taste over salads and sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:32.19, Glycemic Load:4.13, Inflammation Score:-9, Nutrition Score:18.643477825043%

Flavonoids

Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg, Cyanidin: 2.27mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 219.05kcal (10.95%), Fat: 9.61g (14.78%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 14g (5.09%), Sugar: 10.72g (11.91%), Cholesterol: 91.3mg (30.43%), Sodium: 84.23mg (3.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.84g (33.69%), Vitamin K: 88.03µg (83.84%), Vitamin A: 2813.36IU (56.27%), Vitamin E: 4.94mg (32.92%), Manganese: 0.65mg (32.62%), Copper: 0.51mg (25.39%), Phosphorus: 251.41mg (25.14%), Fiber: 6.05g (24.18%), Magnesium: 86.93mg (21.73%), Folate: 76.06µg (19.01%), Potassium: 620.06mg (17.72%), Vitamin B2: 0.28mg (16.63%), Vitamin C: 11.09mg (13.44%), Iron: 2.27mg (12.63%), Calcium: 124.77mg (12.48%), Zinc: 1.6mg (10.67%), Vitamin B1: 0.1mg (6.72%), Vitamin B6: 0.13mg (6.62%), Vitamin B3: 1.18mg (5.91%), Vitamin B5: 0.28mg (2.75%), Selenium: 1.46µg (2.09%)