



Chilled Shrimp Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 1 teaspoon peppercorns black
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup basil fresh
- ☐ 1 clove garlic crushed
- ☐ 1 pound heirloom tomatoes cut into wedges
- ☐ 1 tablespoon honey

- ☐ 1 juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 6 tablespoons orange juice
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 1.5 pound shrimp (tail intact)
- ☐ 4 pound watermelon

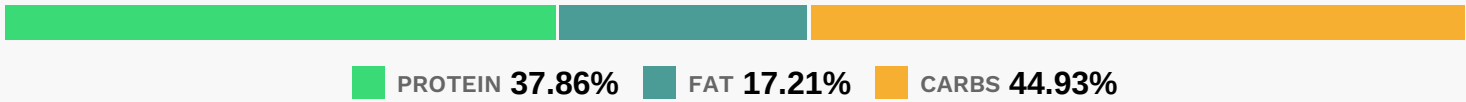
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine all dressing ingredients in a blender. Fill a 4-quart saucepan with water and bring to a boil; add lemon juice, lemon rind, garlic, bay leaf, peppercorns and salt.
- ☐ Add shrimp, cover, remove from heat and let stand until shrimp is cooked, about 15 minutes.
- ☐ Drain and cool 10 minutes, then refrigerate 30 minutes. Line a large platter with watermelon and tomatoes. Top with shrimp, feta and basil.
- ☐ Drizzle with dressing.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:101.98, Glycemic Load:29.34, Inflammation Score:-10, Nutrition Score:23.79217372122%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Kaempferol: 2.15mg,

Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 400kcal (20%), Fat: 8.12g (12.5%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 47.72g (15.91%), Net Carbohydrates: 44.09g (16.03%), Sugar: 37.78g (41.98%), Cholesterol: 284.98mg (94.99%), Sodium: 951.56mg (41.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.22g (80.43%), Vitamin C: 68.49mg (83.02%), Vitamin A: 3717.39IU (74.35%), Phosphorus: 493.79mg (49.38%), Copper: 0.97mg (48.27%), Potassium: 1320.71mg (37.73%), Magnesium: 126.93mg (31.73%), Manganese: 0.55mg (27.52%), Calcium: 227.65mg (22.76%), Zinc: 3.36mg (22.39%), Vitamin B6: 0.38mg (18.94%), Vitamin K: 19.83µg (18.88%), Vitamin B1: 0.24mg (16.08%), Iron: 2.68mg (14.88%), Fiber: 3.64g (14.55%), Vitamin B2: 0.24mg (14%), Vitamin B5: 1.31mg (13.13%), Folate: 45.23µg (11.31%), Vitamin E: 1.42mg (9.44%), Vitamin B3: 1.76mg (8.79%), Selenium: 4.36µg (6.22%), Vitamin B12: 0.21µg (3.52%)