



Chipotle Shrimp and Arugula Salad

 **Gluten Free**  **Dairy Free**

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

217 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoons apple cider vinegar
- ☐ 0.3 cup apricot preserves
- ☐ 1 teaspoon tapioca/arrowroot flour
- ☐ 3 ounces baby arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 chipotle chile in adobo sauce canned chopped
- ☐ 1 pound medium-large shrimp shelled deveined

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 6 large radishes very thinly sliced
- ☐ 0.3 cup roasted pumpkin seeds salted
- ☐ 1 tablespoon balsamic vinegar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk the oil, white balsamic vinegar, salt and pepper in a large bowl.
- ☐ Add the arugula, radishes and pumpkin seeds. Toss to blend. Arrange the salad on a serving platter.
- ☐ Place the arrowroot in a small bowl. Gradually add the cider vinegar, stirring until the arrowroot dissolves.
- ☐ Mix in the jam, chipotle chile, 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper.
- ☐ In a large nonstick skillet, heat the oil over medium-high heat for 1 minute.
- ☐ Add the shrimp.
- ☐ Sprinkle with the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Toss until almost cooked through, 2 to 3 minutes.
- ☐ Add the jam mixture to the skillet. Cook until the mixture is very thick and bubbling, stirring often, 1 to 2 minutes. Toss the shrimp until thickly coated with the glaze. Spoon the shrimp over the salad and serve.

Nutrition Facts



 **PROTEIN 22.06%**  **FAT 59.7%**  **CARBS 18.24%**

Properties

Glycemic Index:45.17, Glycemic Load:0.8, Inflammation Score:-5, Nutrition Score:9.7973913576292%

Flavonoids

Pelargonidin: 5.68mg, Pelargonidin: 5.68mg, Pelargonidin: 5.68mg, Pelargonidin: 5.68mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 216.77kcal (10.84%), Fat: 14.58g (22.43%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 9.04g (3.29%), Sugar: 5.22g (5.8%), Cholesterol: 95.25mg (31.75%), Sodium: 740.38mg (32.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.24%), Selenium: 23.19µg (33.13%), Phosphorus: 250.09mg (25.01%), Vitamin K: 22.3µg (21.24%), Vitamin E: 2.7mg (17.99%), Manganese: 0.32mg (16.18%), Vitamin B12: 0.84µg (13.99%), Vitamin A: 628.27IU (12.57%), Magnesium: 47.71mg (11.93%), Copper: 0.22mg (11.08%), Vitamin B3: 1.64mg (8.21%), Zinc: 1.18mg (7.84%), Folate: 29.95µg (7.49%), Vitamin B6: 0.15mg (7.37%), Potassium: 194.85mg (5.57%), Calcium: 55.13mg (5.51%), Iron: 0.99mg (5.48%), Fiber: 0.99g (3.94%), Vitamin C: 2.81mg (3.41%), Vitamin B5: 0.3mg (3.05%), Vitamin B2: 0.03mg (1.98%), Vitamin B1: 0.03mg (1.87%)