



Citrus Salad with Shrimp and Watercress



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 blood oranges
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 pink grapefruit
- ☐ 3 tablespoons grapefruit juice fresh
- ☐ 1.3 pounds shrimp deveined peeled
- ☐ 10 kumquats seeded thinly sliced

- ☐ 1 teaspoon grapefruit rind grated
- ☐ 2 navel oranges
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 cups watercress trimmed (1 bunch)
- ☐ 1 tablespoon citrus champagne vinegar

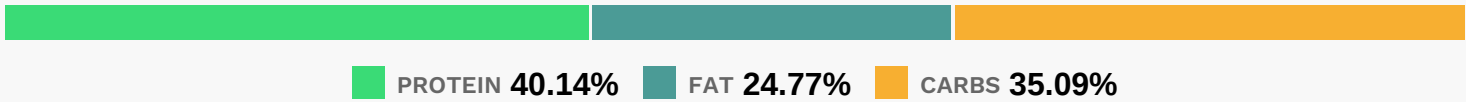
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare vinaigrette, combine first 6 ingredients, stirring with a whisk.
- ☐ To prepare salad, add shrimp to large saucepan of boiling water.
- ☐ Remove from heat, and let stand for 5 minutes or until shrimp are done.
- ☐ Drain and rinse with cold water; drain.
- ☐ Cut a 1/4–inch slice off top and bottom of oranges and grapefruit.
- ☐ Cut away peel so no white pith remains.
- ☐ Cut fruit crosswise into 1/4–inch–thick slices, and discard any seeds.
- ☐ Cut each grapefruit slice into quarters. Arrange fruit on a serving platter.
- ☐ Drizzle fruit with 2 tablespoons vinaigrette.
- ☐ Combine shrimp, onion, mint, and 1 tablespoon vinaigrette, tossing gently to coat. Arrange shrimp mixture over fruit.
- ☐ Combine remaining vinaigrette, watercress, and kumquats, tossing gently to coat. Arrange watercress mixture over shrimp mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.42, Glycemic Load:1.85, Inflammation Score:-8, Nutrition Score:12.986521743319%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 11.62mg, Hesperetin: 11.62mg, Hesperetin: 11.62mg, Hesperetin: 11.62mg Naringenin: 36.08mg, Naringenin: 36.08mg, Naringenin: 36.08mg, Naringenin: 36.08mg Apigenin: 6.98mg, Apigenin: 6.98mg, Apigenin: 6.98mg, Apigenin: 6.98mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

Nutrients (% of daily need)

Calories: 200.27kcal (10.01%), Fat: 5.76g (8.87%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 14.12g (5.14%), Sugar: 11.69g (12.99%), Cholesterol: 152.73mg (50.91%), Sodium: 316.33mg (13.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.02g (42.04%), Vitamin C: 65.25mg (79.1%), Vitamin K: 31.35µg (29.85%), Phosphorus: 240.99mg (24.1%), Copper: 0.45mg (22.6%), Vitamin A: 1105.81IU (22.12%), Fiber: 4.25g (17%), Potassium: 529.43mg (15.13%), Magnesium: 54.33mg (13.58%), Calcium: 131.42mg (13.14%), Zinc: 1.48mg (9.86%), Manganese: 0.17mg (8.25%), Folate: 32.82µg (8.21%), Vitamin E: 0.97mg (6.49%), Iron: 1.05mg (5.83%), Vitamin B1: 0.08mg (5.54%), Vitamin B6: 0.11mg (5.4%), Vitamin B2: 0.09mg (5.18%), Vitamin B5: 0.38mg (3.77%), Vitamin B3: 0.54mg (2.72%)