



## Cool Fruited Shrimp Salad

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

READY IN



70 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 medium kiwi fruit peeled sliced
- 1 medium papaya peeled cut into chunks
- 1 cup raspberries
- 0.3 cup onion red separated thin
- 10 oz salad greens
- 1 lb shrimp cleaned cooked
- 1 cup lite raspberry vinaigrette dressing divided kraft

### Equipment

## Directions

- Toss shrimp and onion with 1/2 cup of the dressing; cover. Refrigerate 1 hour to marinate.
- Drain; discard marinade.
- Divide greens among 4 salad plates. Arrange fruit and shrimp over greens.
- Serve topped with remaining 1/2 cup dressing.

## Nutrition Facts

**PROTEIN 40.53%** **FAT 4.49%** **CARBS 54.98%**

## Properties

Glycemic Index:41.1, Glycemic Load:7.33, Inflammation Score:-9, Nutrition Score:16.563478361005%

## Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

## Nutrients (% of daily need)

Calories: 240.22kcal (12.01%), Fat: 1.23g (1.89%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 33.9g (11.3%), Net Carbohydrates: 29.13g (10.59%), Sugar: 24.32g (27.03%), Cholesterol: 182.57mg (60.86%), Sodium: 682.33mg (29.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.98%), Vitamin C: 105.32mg (127.65%), Vitamin A: 1576.81IU (31.54%), Phosphorus: 304.98mg (30.5%), Copper: 0.6mg (30.24%), Vitamin K: 22.69µg (21.61%), Manganese: 0.43mg (21.52%), Potassium: 709.58mg (20.27%), Magnesium: 78.33mg (19.58%), Fiber: 4.78g (19.11%), Folate: 74.37µg (18.59%), Zinc: 1.94mg (12.91%), Calcium: 122.71mg (12.27%), Iron: 1.56mg (8.69%), Vitamin E: 1.08mg (7.22%), Vitamin B6: 0.14mg (7.09%), Vitamin B3: 1.02mg (5.1%), Vitamin B2: 0.08mg (4.79%), Vitamin B1: 0.07mg (4.35%), Vitamin B5: 0.42mg (4.24%), Selenium: 0.94µg (1.34%)