



Curried Santa Barbara Shrimp Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon curry powder
- ☐ 0.5 cup mayonnaise fat-free
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 0.5 cup golden raisins
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.5 cups mangos diced peeled
- ☐ 4 cups asian pear diced ripe
- ☐ 0.8 cup sake divided (rice wine)

- ☐ 8 cups gourmet salad greens
- ☐ 1 pound shrimp deveined peeled
- ☐ 6 tablespoons slivered almonds toasted

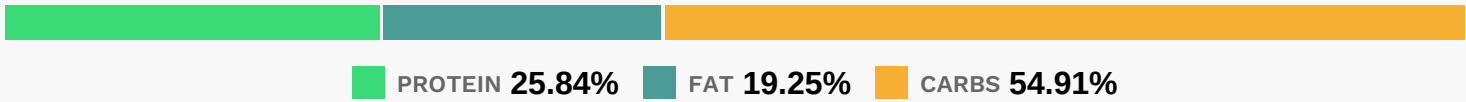
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Combine first 4 ingredients in a small bowl. Cover and chill.
- ☐ Combine 1/2 cup sake and raisins in a glass measure, and microwave at HIGH 1 minute or until boiling.
- ☐ Let stand for 30 minutes.
- ☐ Drain.
- ☐ Bring 1/4 cup sake to a boil in a nonstick skillet; add shrimp. Cover, reduce heat, and cook 2 minutes or until shrimp are done.
- ☐ Remove from heat; drain.
- ☐ Combine the mayonnaise mixture, raisins, shrimp, pear, mango, and almonds.
- ☐ Serve over salad greens.

Nutrition Facts



Properties

Glycemic Index:43.79, Glycemic Load:19.37, Inflammation Score:-9, Nutrition Score:21.392608901729%

Flavonoids

Cyanidin: 3.75mg, Cyanidin: 3.75mg, Cyanidin: 3.75mg, Cyanidin: 3.75mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epigallocatechin:

1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 470.44kcal (23.52%), Fat: 9.66g (14.86%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 61.98g (20.66%), Net Carbohydrates: 52.33g (19.03%), Sugar: 38.64g (42.94%), Cholesterol: 185.17mg (61.72%), Sodium: 389.65mg (16.94%), Alcohol: 7.24g (100%), Alcohol %: 1.74% (100%), Protein: 29.17g (58.34%), Vitamin C: 49.91mg (60.49%), Copper: 0.93mg (46.43%), Phosphorus: 404.92mg (40.49%), Fiber: 9.65g (38.61%), Manganese: 0.74mg (37.12%), Vitamin E: 4.96mg (33.09%), Vitamin A: 1635.35IU (32.71%), Magnesium: 120.39mg (30.1%), Potassium: 1027.85mg (29.37%), Folate: 77.36µg (19.34%), Vitamin B2: 0.32mg (18.82%), Vitamin K: 18.97µg (18.07%), Zinc: 2.52mg (16.79%), Calcium: 165.98mg (16.6%), Iron: 2.89mg (16.07%), Vitamin B6: 0.28mg (14.14%), Vitamin B3: 1.92mg (9.62%), Vitamin B1: 0.1mg (6.51%), Vitamin B5: 0.4mg (3.98%), Selenium: 2.57µg (3.68%)