



## Curried Shrimp-and-Broccoli Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

### Ingredients

- 6 cups broccoli florets
- 0.8 teaspoon curry powder
- 1 tablespoon juice of lemon
- 0.3 cup nonfat mayonnaise
- 0.3 cup nonfat cream sour
- 0.3 teaspoon pepper
- 0.3 cup nonfat yogurt plain
- 0.8 cup radishes thinly sliced

- 0.1 teaspoon salt
- 1 pound shrimp cooked peeled

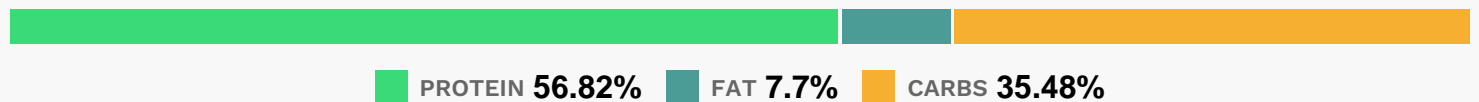
## Equipment

- bowl

## Directions

- Steam broccoli, covered, 3 minutes.
- Combine broccoli, shrimp, and radishes in a large bowl; toss well.
- Combine sour cream and next 6 ingredients (sour cream through salt) in a bowl; stir well.
- Add to broccoli mixture, tossing to coat.
- Serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:1.91, Inflammation Score:-8, Nutrition Score:22.0226086222261%

## Flavonoids

Pelargonidin: 13.73mg, Pelargonidin: 13.73mg, Pelargonidin: 13.73mg, Pelargonidin: 13.73mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 10.89mg, Kaempferol: 10.89mg, Kaempferol: 10.89mg, Kaempferol: 10.89mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

## Nutrients (% of daily need)

Calories: 190.42kcal (9.52%), Fat: 1.73g (2.66%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 13.47g (4.9%), Sugar: 6.46g (7.17%), Cholesterol: 186.44mg (62.15%), Sodium: 455.84mg (19.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.67g (57.33%), Vitamin C: 126.65mg (153.52%), Vitamin K: 144.89µg (137.99%), Phosphorus: 390.14mg (39.01%), Copper: 0.54mg (26.83%), Potassium: 878.93mg (25.11%), Folate: 97.34µg (24.33%), Calcium: 210.53mg (21.05%), Magnesium: 78.1mg (19.53%), Manganese: 0.38mg (18.85%), Vitamin A: 906.83IU (18.14%), Fiber: 4.43g (17.72%), Zinc: 2.46mg (16.42%), Vitamin B2: 0.25mg (14.66%), Vitamin B6: 0.28mg (13.77%), Iron: 1.83mg (10.16%), Vitamin B5: 0.96mg (9.56%), Vitamin B1: 0.12mg (7.93%), Vitamin E:

1.16mg (7.75%), Selenium: 5.43µg (7.75%), Vitamin B3: 0.98mg (4.92%), Vitamin B12: 0.18µg (3.03%)