



Dinner Tonight: Rice Salad with Pesto and Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 stalks asparagus cut into 1-inch pieces
- ☐ 4 servings pepper
- ☐ 4 tablespoons basil pesto
- ☐ 1 cup rice
- ☐ 0.5 pound shrimp
- ☐ 2 tomatoes chopped

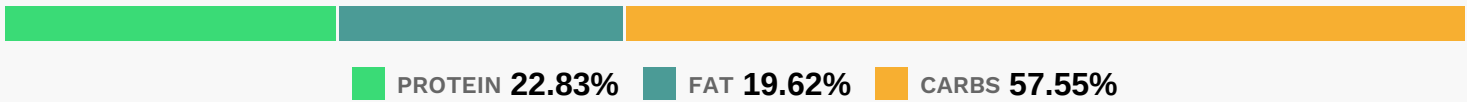
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ sieve

Directions

- ☐ Toss the rice into a pot with 2 cups of water.
- ☐ Add a pinch of salt and a tablespoon of butter. Bring the water to a boil and then reduce to a simmer, cover, and cook for 15 minutes.
- ☐ Remove from heat, keep covered, and set aside for 5–10 minutes. Fluff with a fork and lay out on a pan to cool down.
- ☐ Remove the shells from the shrimp. Toss in a pot filled with water. Bring to a boil.
- ☐ Remove the shells with a strainer and then toss in the shrimp. Turn off the heat, cover, and set aside for 8–10 minutes. When done toss in some ice water to chill. Dry on some paper towels.
- ☐ Meanwhile, cook the asparagus pieces in some simmering water for 5 minutes. When done, shock them in ice water, and then dry on paper towels.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:23.03, Inflammation Score:-6, Nutrition Score:9.8708696779997%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 291.18kcal (14.56%), Fat: 6.3g (9.69%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 41.56g (13.85%), Net Carbohydrates: 39.46g (14.35%), Sugar: 2.6g (2.89%), Cholesterol: 92.49mg (30.83%), Sodium: 213.61mg (9.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.99%), Manganese: 0.64mg (32.13%), Copper: 0.41mg (20.32%), Phosphorus: 201.92mg (20.19%), Vitamin A: 996.68IU (19.93%), Vitamin K: 15.05µg (14.34%), Vitamin C:

9.77mg (11.84%), Potassium: 398.44mg (11.38%), Selenium: 7.54µg (10.77%), Magnesium: 41.7mg (10.43%), Zinc: 1.5mg (9.99%), Calcium: 85.74mg (8.57%), Fiber: 2.11g (8.43%), Iron: 1.44mg (8.01%), Vitamin B6: 0.15mg (7.36%), Vitamin B3: 1.34mg (6.71%), Folate: 25.42µg (6.36%), Vitamin B1: 0.09mg (5.97%), Vitamin B5: 0.59mg (5.91%), Vitamin E: 0.66mg (4.37%), Vitamin B2: 0.07mg (4.02%)