



Dinner Tonight: Salad of Shrimp and Roasted Peppers



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 bell pepper red
- ☐ 2 servings salt and pepper
- ☐ 16 medium shrimp cooked peeled

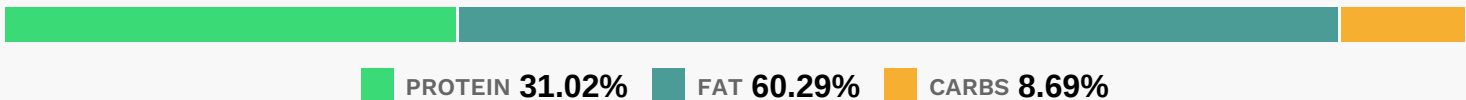
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ steamer basket

Directions

- ☐ Preheat the oven to 500°F. When ready, place the red bell pepper in a baking dish just big enough to hold it. Roast for 15–20 minutes, turning every 5 minutes or so. The skin should slightly blacken. When done, wrap the pepper in a paper bag and let it steam for 5–10 minutes.
- ☐ Meanwhile, steam the shrimp. Bring a pot of water to a boil. When it’s ready, place the shrimp in a steaming basket above the water. Cook until they turn pink, just a few minutes.
- ☐ Take the pepper from the bag, and remove the skin, stem, and seeds.
- ☐ Cut lengthwise into quarter inch strips.
- ☐ Mix the pepper strips, shrimp, parsley, mint, oil, and lemon juice. Season with salt and pepper.
- ☐ Let cool slightly until room temperature.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.79, Inflammation Score:-9, Nutrition Score:16.065652198118%

Flavonoids

Eriodictyol: 1.67mg, Eriodictyol: 1.67mg, Eriodictyol: 1.67mg, Eriodictyol: 1.67mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.9mg, Apigenin: 8.9mg, Apigenin: 8.9mg, Apigenin: 8.9mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 212.72kcal (10.64%), Fat: 14.67g (22.57%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 2.97g (1.08%), Sugar: 2.6g (2.88%), Cholesterol: 128.8mg (42.93%), Sodium: 295.46mg (12.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.97%), Vitamin C: 84.04mg (101.86%), Vitamin K: 76.94µg (73.28%), Vitamin A: 2412.46IU (48.25%), Vitamin E: 2.99mg (19.93%), Phosphorus: 192.84mg (19.28%), Copper: 0.35mg (17.29%), Potassium: 390.11mg (11.15%), Magnesium: 41.29mg (10.32%), Folate: 39.65µg (9.91%), Vitamin B6: 0.18mg (9.22%), Zinc: 1.32mg (8.81%), Manganese: 0.16mg (7.95%), Calcium: 73.44mg (7.34%), Fiber: 1.79g (7.16%), Iron: 1.26mg (6.98%), Vitamin B2: 0.07mg (4.01%), Vitamin B3: 0.72mg (3.61%), Vitamin B1: 0.04mg (2.68%), Vitamin B5: 0.22mg (2.25%)