



French Shrimp Salad

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

READY IN



40 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 artichoke hearts drained
- 1 pound asparagus fresh
- 1 cup dressing french
- 6 sprigs parsley fresh
- 2 hard-cooked eggs chopped
- 1 tablespoon juice of lemon
- 0.3 cup mayonnaise
- 0.8 pound shrimp deveined cooked peeled

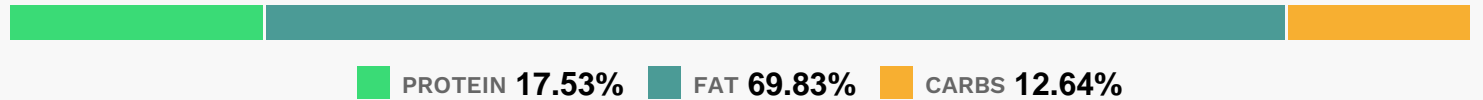
Equipment

- bowl

Directions

- Cook the asparagus in boiling salted water until tender.
- Remove and cool under cold water. Reserve six stalks and cut remaining asparagus into 1 inch pieces.
- Cook and clean shrimp. Again reserve the best six and dice the remainder. In a bowl, combine shrimp and asparagus, mix gently with mayonnaise and lemon juice.
- In a separate bowl, marinate the artichoke hearts in 1 cup French dressing.
- Place shrimp and asparagus in an attractive shallow bowl.
- Garnish with sieved egg and arrange reserved asparagus on top to resemble the spokes of a wheel.
- Drain the artichoke bottoms and garnish each with a dollop of mayonnaise, 1 whole shrimp and 1 parsley sprig. Arrange them around the salad.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:14.085217299669%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg

Nutrients (% of daily need)

Calories: 349.49kcal (17.47%), Fat: 27.76g (42.71%), Saturated Fat: 4.63g (28.92%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 8.65g (3.15%), Sugar: 9.01g (10.01%), Cholesterol: 158.68mg (52.89%), Sodium: 448.37mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.37%), Vitamin K: 118.6µg (112.95%), Vitamin E: 3.53mg (23.52%), Phosphorus: 203.12mg (20.31%), Copper: 0.38mg (18.97%), Vitamin A: 944.01IU (18.88%), Vitamin B2: 0.22mg (13.06%), Iron: 2.33mg (12.97%), Folate: 49.29µg (12.32%), Potassium: 379mg (10.83%), Fiber: 2.64g (10.57%), Selenium: 7.16µg (10.23%), Zinc: 1.42mg (9.49%), Vitamin B1: 0.14mg (9.18%), Magnesium: 35.79mg (8.95%), Vitamin C: 6.53mg (7.92%), Manganese: 0.15mg (7.7%), Calcium: 76.54mg (7.65%), Vitamin B6: 0.11mg (5.5%), Vitamin B5: 0.47mg (4.69%), Vitamin B3: 0.86mg (4.31%), Vitamin B12: 0.26µg (4.3%), Vitamin D: 0.39µg (2.61%)