



French-Style Shrimp Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 0.7 cup fat-skimmed beef broth fat-free
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped

- ☐ 6 garlic clove halved
- ☐ 3 large hardboiled eggs sliced into quarters
- ☐ 0.5 pound haricots verts
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olives
- ☐ 1 cup bell pepper red () (1 medium)
- ☐ 0.8 pound potatoes – remove skin red
- ☐ 4 cups the of 1 cos lettuce
- ☐ 5 cups the salad
- ☐ 2 pounds shrimp deveined peeled
- ☐ 2 tablespoons tarragon vinegar
- ☐ 3 medium tomatoes cut into 6 wedges

Equipment

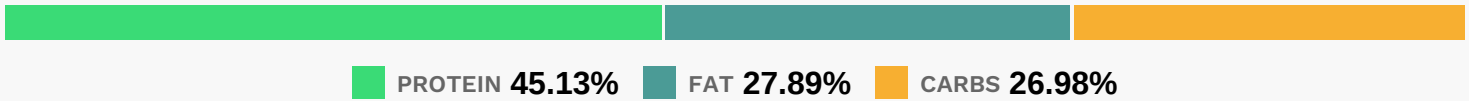
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ To prepare vinaigrette, drop garlic through food chute with food processor on; process until minced.
- ☐ Add broth and next 7 ingredients (through black pepper); process until well blended.
- ☐ To prepare salad, combine 2 tablespoons vinaigrette and shrimp in a large zip-top plastic bag; seal. Marinate in refrigerator for 20 minutes, turning bag occasionally to coat shrimp.
- ☐ Place potatoes in a large saucepan; cover with water. Bring to a boil; cook 8 minutes.

- ☐ Add haricots verts to pan; cook 2 additional minutes or until haricots verts are crisp-tender and potatoes are tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Cut potatoes into 1/4-inch-thick slices. Set aside.
- ☐ Heat a large grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Remove the shrimp from bag, and discard marinade.
- ☐ Add shrimp to pan. Cook 3 minutes on each side or until the shrimp are done.
- ☐ Combine potatoes, haricots verts, greens, lettuce, bell pepper, tomatoes, and artichokes in a large bowl.
- ☐ Add remaining vinaigrette, tossing gently to coat.
- ☐ Place lettuce mixture on a serving platter. Arrange shrimp and eggs over lettuce mixture; sprinkle with olives and capers.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:60.33, Glycemic Load:2.02, Inflammation Score:-10, Nutrition Score:28.89130449295%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

Nutrients (% of daily need)

Calories: 330.41kcal (16.52%), Fat: 10.47g (16.11%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 17.12g (6.23%), Sugar: 6.1g (6.78%), Cholesterol: 336.68mg (112.23%), Sodium: 855.95mg (37.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.11g (76.23%), Vitamin A: 5106.32IU (102.13%), Vitamin K: 105.29µg (100.27%), Vitamin C: 65.18mg (79.01%), Phosphorus: 471.9mg (47.19%), Copper: 0.82mg (40.9%), Potassium: 1153.49mg (32.96%), Folate: 116.19µg (29.05%), Manganese: 0.52mg (25.79%), Magnesium: 101.59mg (25.4%), Fiber: 5.67g (22.67%), Vitamin B6: 0.4mg (20.19%), Zinc: 2.98mg (19.86%), Iron: 3.12mg (17.34%), Calcium:

172.51mg (17.25%), Vitamin B2: 0.27mg (16.12%), Vitamin E: 2.35mg (15.68%), Selenium: 10.22µg (14.6%), Vitamin B1: 0.18mg (11.98%), Vitamin B3: 2.1mg (10.49%), Vitamin B5: 0.89mg (8.88%), Vitamin B12: 0.33µg (5.47%), Vitamin D: 0.55µg (3.67%)