



Gazpacho Shrimp Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 cups cucumber cubed seeded
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups green beans diagonally sliced () (1/2 pound)
- ☐ 0.3 cup bell pepper diced green
- ☐ 0.3 cup green onions diagonally sliced
- ☐ 0.1 teaspoon hot sauce

- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 3 tablespoons red wine vinegar
- ☐ 8 cups gourmet salad greens
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp cooked peeled
- ☐ 0.3 teaspoon sugar
- ☐ 2 cups tomatoes chopped
- ☐ 0.3 cup sacramento tomato juice

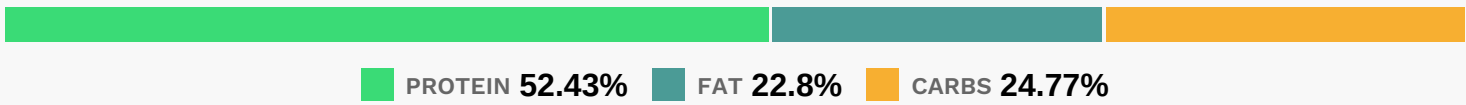
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Steam beans, covered, for 4 minutes or until crisp-tender.
- ☐ Drain and rinse with cold water; drain well.
- ☐ Combine beans, shrimp, and the next 5 ingredients (shrimp through basil) in a large bowl.
- ☐ Combine juice and next 7 ingredients (juice through garlic) in a small bowl; stir well with a whisk.
- ☐ Pour over shrimp mixture; toss well.
- ☐ Serve over greens.
- ☐ Serve at room temperature

Nutrition Facts



Properties

Glycemic Index:93.61, Glycemic Load:2.36, Inflammation Score:-9, Nutrition Score:17.778695640357%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 191.64kcal (9.58%), Fat: 5.04g (7.76%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 9.34g (3.4%), Sugar: 5.48g (6.09%), Cholesterol: 182.57mg (60.86%), Sodium: 316.12mg (13.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.17%), Vitamin C: 50.75mg (61.52%), Vitamin K: 51.38µg (48.93%), Vitamin A: 2118.29IU (42.37%), Phosphorus: 333.07mg (33.31%), Copper: 0.64mg (31.9%), Potassium: 880.69mg (25.16%), Manganese: 0.47mg (23.46%), Magnesium: 81.04mg (20.26%), Folate: 73.06µg (18.26%), Vitamin B6: 0.29mg (14.27%), Zinc: 2.12mg (14.16%), Calcium: 128.72mg (12.87%), Iron: 2.22mg (12.33%), Fiber: 2.98g (11.92%), Vitamin E: 1.31mg (8.74%), Vitamin B1: 0.13mg (8.49%), Vitamin B2: 0.13mg (7.64%), Vitamin B3: 1.43mg (7.15%), Vitamin B5: 0.48mg (4.83%), Selenium: 0.94µg (1.34%)