



Ginger Shrimp with Carrot Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce carrot juice divided canned
- ☐ 0.8 cup couscous uncooked
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 0.3 cup green onions sliced
- ☐ 2 teaspoons jalapeno minced seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 cups gourmet salad greens
- ☐ 0.3 teaspoon salt

- ☐ 1.5 pounds shrimp deveined cooked peeled
- ☐ 1 tablespoon vegetable oil divided

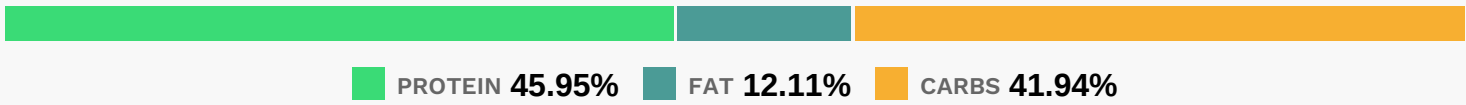
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine 1 teaspoon oil and 1 cup carrot juice in a medium saucepan; bring to a boil. Gradually stir in couscous.
- ☐ Remove from heat. Cover and let stand 5 minutes.
- ☐ While couscous stands, bring remaining carrot juice to a boil in a small saucepan; cook until reduced to 1/4 cup (about 2 1/2 minutes).
- ☐ Remove from heat; stir in 2 teaspoons oil, lime juice, jalapeo, ginger, and salt.
- ☐ Fluff couscous with a fork; stir in 1/4 cup reduced carrot juice mixture and onions.
- ☐ Combine remaining carrot juice mixture, greens, and shrimp in a bowl, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:18.52, Inflammation Score:-10, Nutrition Score:19.233913069186%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 344.33kcal (17.22%), Fat: 4.67g (7.18%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 33.75g (12.27%), Sugar: 3.85g (4.27%), Cholesterol: 273.86mg (91.29%), Sodium: 419.04mg (18.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.86g (79.71%), Vitamin A: 16815.91IU (336.32%),

Phosphorus: 475.89mg (47.59%), Copper: 0.82mg (40.86%), Vitamin K: 32.93µg (31.36%), Vitamin C: 25.24mg (30.59%), Manganese: 0.5mg (24.82%), Potassium: 865.37mg (24.72%), Magnesium: 93.38mg (23.35%), Zinc: 2.83mg (18.86%), Calcium: 149.43mg (14.94%), Vitamin B6: 0.27mg (13.69%), Iron: 2mg (11.1%), Fiber: 2.62g (10.46%), Vitamin B1: 0.15mg (10.11%), Vitamin E: 1.42mg (9.5%), Vitamin B3: 1.77mg (8.87%), Folate: 30.99µg (7.75%), Vitamin B5: 0.68mg (6.78%), Vitamin B2: 0.1mg (5.97%), Selenium: 0.74µg (1.06%)