



Gluten-Free Cashew Curry Shrimp Salad

 Gluten Free

READY IN



135 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 head belgian endive
- 0.5 cup cashew pieces
- 0.8 cup celery stalks thinly sliced
- 1 teaspoon curry powder
- 2 tablespoons juice of lemon
- 0.5 cup salad dressing reduced-fat
- 1 tablespoon milk
- 1 cup peas sweet frozen

- 0.1 teaspoon pepper
- 1.8 oz potatoes canned ()
- 12 oz shrimp frozen thawed deveined cooked peeled drained

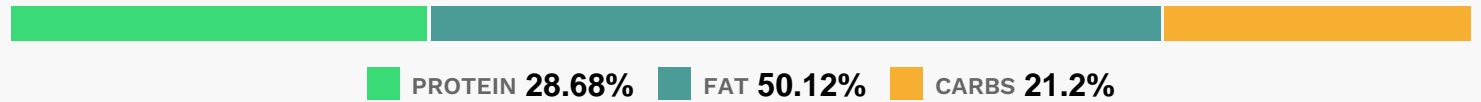
Equipment

- bowl

Directions

- In small bowl, mix all dressing ingredients.
- Cook and drain peas as directed on bag. Rinse with cold water; drain. In medium bowl, place shrimp, celery and peas.
- Add dressing; toss to coat. Cover; refrigerate at least 2 hours to blend flavors.
- Just before serving, gently stir shoestring potatoes and cashews into shrimp mixture. Arrange endive leaves, pointed ends out, around edge of medium serving platter or 4 plates. Spoon shrimp mixture into center of platter or divide among 4 plates.
- Sprinkle with additional cashews and shoestring potatoes if desired.

Nutrition Facts



Properties

Glycemic Index:65.07, Glycemic Load:4.24, Inflammation Score:-6, Nutrition Score:15.317391317824%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 311.16kcal (15.56%), Fat: 17.79g (27.36%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 13.1g (4.76%), Sugar: 5g (5.56%), Cholesterol: 147.88mg (49.29%), Sodium: 312.79mg (13.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.79%), Vitamin K: 67.42µg (64.21%), Copper: 0.78mg

(39.16%), Phosphorus: 355.47mg (35.55%), Manganese: 0.53mg (26.29%), Vitamin C: 21.03mg (25.49%), Magnesium: 97.35mg (24.34%), Zinc: 2.64mg (17.62%), Potassium: 586.31mg (16.75%), Fiber: 3.82g (15.28%), Iron: 2.44mg (13.55%), Vitamin B1: 0.19mg (12.8%), Folate: 43.58µg (10.89%), Vitamin B6: 0.2mg (9.82%), Calcium: 90.57mg (9.06%), Vitamin A: 433.73IU (8.67%), Selenium: 4.17µg (5.95%), Vitamin B3: 1.17mg (5.85%), Vitamin B2: 0.08mg (4.9%), Vitamin B5: 0.3mg (3.04%), Vitamin E: 0.37mg (2.46%)