



Greek Salad with Shrimp

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



176 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cucumber english chopped quartered
- ☐ 2 cups cups flat-leaf parsley leaves loosely packed ()
- ☐ 0.5 cup goat cheese coarsely crumbled
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup rice wine vinegar
- ☐ 8 servings salt and pepper
- ☐ 1 pound shrimp shelled deveined cooked
- ☐ 1.8 lb tomatoes chopped

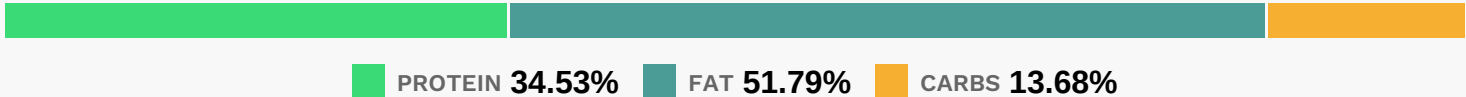
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a serving bowl, whisk together oil and vinegar until emulsified; season generously with salt and pepper.
- ☐ Gently stir in tomatoes, shrimp and cucumber. (Salad can be made to this point and refrigerated, tightly covered, for up to 2 hours.)
- ☐ Sprinkle salad with parsley leaves and cheese and serve.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:15.216087056243%

Flavonoids

Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 175.64kcal (8.78%), Fat: 10.39g (15.98%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 4.3g (1.56%), Sugar: 3.49g (3.88%), Cholesterol: 97.81mg (32.6%), Sodium: 327.88mg (14.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.17%), Vitamin K: 264.31µg (251.72%), Vitamin A: 2276.06IU (45.52%), Vitamin C: 34.59mg (41.93%), Copper: 0.42mg (21.12%), Phosphorus: 199.49mg (19.95%), Potassium: 527.03mg (15.06%), Magnesium: 45.49mg (11.37%), Vitamin E: 1.66mg (11.05%), Iron: 1.91mg (10.61%), Folate: 42.01µg (10.5%), Manganese: 0.2mg (10.23%), Calcium: 93.44mg (9.34%), Zinc: 1.3mg (8.64%), Fiber: 1.87g (7.49%), Vitamin B6: 0.14mg (7.17%), Vitamin B2: 0.1mg (5.87%), Vitamin B1: 0.07mg (4.64%), Vitamin B3: 0.88mg (4.42%), Vitamin B5: 0.34mg (3.42%)