

Greek Shrimp Salad

 Gluten Free

READY IN



38 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cucumber english chopped
- ☐ 1.3 ounces feta cheese crumbled reduced-fat
- ☐ 1 small garlic clove minced
- ☐ 1 cup grape tomatoes halved
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup onion red chopped

- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 0.5 teaspoon sugar
- ☐ 6 cups water
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 1.5 cups bell pepper yellow chopped

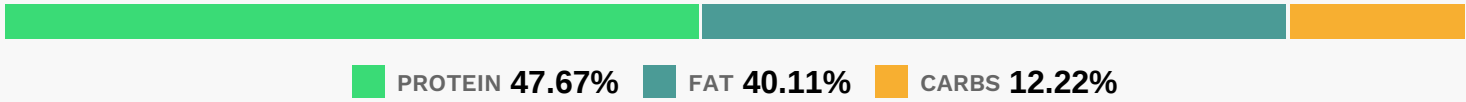
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring 6 cups water to a boil in a Dutch oven.
- ☐ Add shrimp; cook 3 minutes or until done.
- ☐ Drain and rinse with cold water. Chop; set aside.
- ☐ Combine vinegar and next 5 ingredients in a small bowl, stirring with a whisk.
- ☐ Combine shrimp, bell pepper, and next 5 ingredients in a large bowl.
- ☐ Pour vinegar mixture over shrimp mixture, and toss gently.

Nutrition Facts



Properties

Glycemic Index:32.85, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:11.032174017118%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg

0.13mg, Myricetin: 0.13mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 206.18kcal (10.31%), Fat: 9.37g (14.42%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 5.26g (1.91%), Sugar: 2.1g (2.33%), Cholesterol: 185.86mg (61.95%), Sodium: 390.17mg (16.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.12%), Vitamin C: 73.43mg (89.01%), Copper: 0.56mg (27.93%), Phosphorus: 267.52mg (26.75%), Potassium: 491.6mg (14.05%), Magnesium: 54.13mg (13.53%), Zinc: 1.72mg (11.46%), Calcium: 97.02mg (9.7%), Vitamin E: 1.37mg (9.1%), Vitamin K: 9.3µg (8.85%), Manganese: 0.16mg (8.2%), Vitamin A: 322.44IU (6.45%), Iron: 1.03mg (5.74%), Vitamin B6: 0.11mg (5.68%), Fiber: 1.16g (4.66%), Folate: 17.35µg (4.34%), Vitamin B3: 0.53mg (2.65%), Vitamin B1: 0.03mg (2.18%), Vitamin B5: 0.15mg (1.51%), Vitamin B2: 0.02mg (1.44%)