



Green Apple, Jicama, and Prawn Salad with Mint, Lemongrass, and Dijon Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup matchstick-cut carrots
- 2 sprigs cilantro leaves
- 1 tablespoon dijon mustard
- 0.5 cup olive oil extra virgin
- 0.5 cup mint leaves fresh
- 1 teaspoon garlic chopped
- 1 cup matchstick-cut granny smith apple

- 1 cup matchstick-cut jicama
- 1 teaspoon lemongrass chopped
- 12 medium shrimp
- 3 tablespoons sugar white
- 2 tablespoons vinegar white

Equipment

- food processor
- bowl
- pot
- plastic wrap

Directions

- Bring a small pot of water to boil. Cook shrimp in boiling water until they are bright pink on the outside and the meat is no longer transparent in the center, 3 to 5 minutes; drain.
- Rinse shrimp with cold water to cool completely. Peel, devein, and slice shrimp in half lengthwise; set aside in a bowl.
- Toss apple, jicama, and carrots together in a large bowl.
- Place mint leaves, olive oil, sugar, vinegar, Dijon mustard, garlic, and lemongrass in a food processor. Pulse until blended but slightly chunky, about two 10-second intervals.
- Pour dressing over apple mixture; toss until well mixed. Cover salad and shrimp separately with plastic wrap; refrigerate until ready to serve.
- Mix shrimp into salad before serving; garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:65.27, Glycemic Load:7.7, Inflammation Score:-9, Nutrition Score:7.2182607961738%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 151.37kcal (7.57%), Fat: 5.88g (9.04%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 15.39g (5.6%), Sugar: 13.65g (15.17%), Cholesterol: 48.3mg (16.1%), Sodium: 93.8mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.79%), Vitamin A: 2546.77IU (50.94%), Fiber: 3.46g (13.86%), Vitamin C: 10.76mg (13.05%), Copper: 0.19mg (9.26%), Manganese: 0.18mg (9.07%), Phosphorus: 88.38mg (8.84%), Vitamin K: 9.05µg (8.62%), Potassium: 247.94mg (7.08%), Vitamin E: 1.02mg (6.83%), Magnesium: 24.57mg (6.14%), Iron: 0.97mg (5.37%), Calcium: 49.01mg (4.9%), Folate: 16.73µg (4.18%), Zinc: 0.6mg (4.01%), Vitamin B6: 0.06mg (3.21%), Vitamin B2: 0.05mg (2.67%), Selenium: 1.86µg (2.66%), Vitamin B1: 0.03mg (2.05%), Vitamin B5: 0.17mg (1.68%), Vitamin B3: 0.32mg (1.6%)