



Grilled Shrimp and Wild Rice Salad

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



2

CALORIES



949 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup carrots shredded
- 0.5 teaspoon dijon mustard
- 0.5 cup mushrooms fresh sliced
- 0.3 cup spring onion sliced (4 medium)
- 1.5 teaspoons honey
- 2 tablespoons juice of lime
- 1 teaspoon lime zest grated
- 0.3 cup cooking oil

- 1 tablespoon cooking oil
- 10 oz rice (wild frozen with green beans) white
- 1 tablespoon rice vinegar
- 3 cups the of 1 cos lettuce (packed)
- 6 oz shrimp (shelled deveined uncooked (12 shrimp))

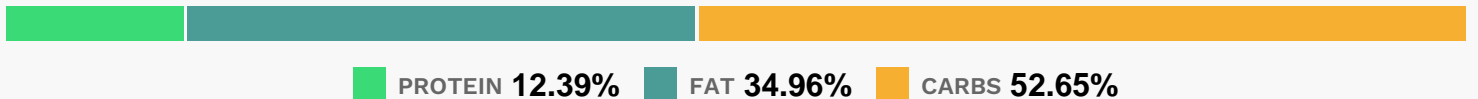
Equipment

- bowl
- grill
- wok

Directions

- Cook rice as directed on package. In medium bowl, combine cooked rice, mushrooms, onions and carrot; mix well. Cover; refrigerate 1 hour or until cool.
- In small bowl, combine 1/4 cup oil, lime peel, lime juice, vinegar, honey and mustard; mix well.
- Pour lime mixture over rice mixture; toss gently to coat. Return to refrigerator.
- Heat gas or charcoal grill. In medium bowl, combine shrimp and 1 tablespoon oil; toss to coat.
- Let stand at room temperature for 10 minutes to marinate.
- When grill is heated, place shrimp in grill basket (grill "wok").
- Place grill basket on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 4 to 6 minutes or until shrimp turn pink, stirring occasionally.
- Divide lettuce evenly onto individual serving plates. Gently stir rice mixture; spoon evenly onto lettuce. Top each with shrimp.

Nutrition Facts



Properties

Glycemic Index:169.15, Glycemic Load:71.37, Inflammation Score:-10, Nutrition Score:29.670869349138%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 949.11kcal (47.46%), Fat: 36.78g (56.58%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 124.64g (41.55%), Net Carbohydrates: 120.15g (43.69%), Sugar: 7.14g (7.93%), Cholesterol: 136.93mg (45.64%), Sodium: 142.62mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.33g (58.65%), Vitamin A: 8947.02IU (178.94%), Vitamin K: 125.46µg (119.49%), Manganese: 1.75mg (87.52%), Vitamin E: 6.59mg (43.93%), Phosphorus: 401.19mg (40.12%), Copper: 0.78mg (39.01%), Selenium: 24.53µg (35.05%), Folate: 124.11µg (31.03%), Potassium: 747.03mg (21.34%), Magnesium: 83.7mg (20.92%), Zinc: 3.09mg (20.61%), Vitamin B5: 1.98mg (19.78%), Vitamin B3: 3.61mg (18.07%), Fiber: 4.49g (17.95%), Vitamin B6: 0.35mg (17.38%), Iron: 2.68mg (14.87%), Vitamin B2: 0.24mg (13.98%), Vitamin C: 11.44mg (13.87%), Calcium: 136.4mg (13.64%), Vitamin B1: 0.19mg (12.88%)