



## Grilled Shrimp Salad

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 celery stalk chopped
- 1 Tbsp cilantro leaves chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.5 cup juice of lemon
- 1 medium onion finely chopped
- 2 medium pasilla peppers red chopped
- 1 lb romaine lettuce
- 1 lb shrimp cleaned (31 to 35 count)

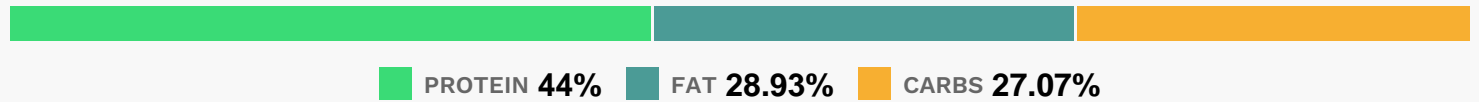
# Equipment

bowl

# Directions

- Pour dressing and lime juice over shrimp in large nonmetal bowl; toss to coat.
- Add all remaining ingredients except lettuce; mix lightly. Cover.
- Refrigerate 1 hour.
- Place lettuce on serving plate; top with the shrimp mixture.

# Nutrition Facts



# Properties

Glycemic Index:20.5, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:19.372608723848%

# Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

# Nutrients (% of daily need)

Calories: 146.34kcal (7.32%), Fat: 4.93g (7.59%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 7.58g (2.76%), Sugar: 5.98g (6.64%), Cholesterol: 121.71mg (40.57%), Sodium: 293.56mg (12.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.88g (33.75%), Vitamin A: 7842.74IU (156.85%), Vitamin K: 90.87µg (86.55%), Vitamin C: 63.14mg (76.53%), Folate: 128.89µg (32.22%), Phosphorus: 204.85mg (20.48%), Copper: 0.35mg (17.66%), Potassium: 536.25mg (15.32%), Magnesium: 45.93mg (11.48%), Fiber: 2.81g (11.22%), Manganese: 0.22mg (10.98%), Vitamin B6: 0.22mg (10.79%), Zinc: 1.34mg (8.95%), Calcium: 84.4mg (8.44%), Vitamin E: 1.19mg (7.94%), Iron: 1.41mg (7.81%), Vitamin B1: 0.09mg (6.22%), Vitamin B2: 0.09mg (5.46%), Vitamin B3: 0.69mg (3.47%), Vitamin B5: 0.28mg (2.84%), Selenium: 0.85µg (1.21%)