



Grilled Shrimp Salad with Papaya, Green Onions and Peanuts



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound arugula
- ☐ 2 tablespoons cilantro leaves finely chopped
- ☐ 4 green onions finely sliced
- ☐ 1 small jalapeno diced finely
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil

- ☐ 8 servings olive oil
- ☐ 2 papayas pitted ripe peeled thinly sliced
- ☐ 0.5 cup peanuts coarsely chopped
- ☐ 8 servings salt and pepper freshly ground
- ☐ 8 servings grilled shrimp above
- ☐ 16 large shrimp whole shelled deveined
- ☐ 1 tablespoon soya sauce

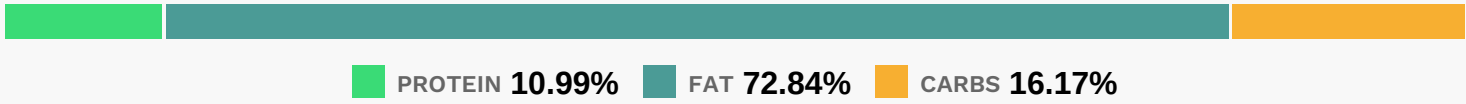
Equipment

- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill.
- ☐ Brush the shrimp with olive oil and season with salt and pepper, to taste. Grill the shrimp until just cooked, about 2 to 3 minutes.
- ☐ Remove and let sit.
- ☐ Arrange the arugula on a large platter. Top with the papaya and green onion.
- ☐ Whisk together the lemon and lime juice, soy sauce, jalapeno and olive oil until combined. Mound all of the shrimp in the center of the platter.
- ☐ Drizzle with the vinaigrette and sprinkle with peanuts and cilantro.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:4.65, Inflammation Score:-9, Nutrition Score:17.976086580235%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg,

Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 19.87mg, Kaempferol: 19.87mg, Kaempferol: 19.87mg, Kaempferol: 19.87mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 305.71kcal (15.29%), Fat: 25.99g (39.98%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 9.66g (3.51%), Sugar: 7.51g (8.35%), Cholesterol: 33.81mg (11.27%), Sodium: 369.45mg (16.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.64%), Vitamin K: 89.35µg (85.09%), Vitamin C: 60.6mg (73.45%), Vitamin A: 2155IU (43.1%), Folate: 110.92µg (27.73%), Manganese: 0.48mg (24.24%), Vitamin E: 3.57mg (23.81%), Magnesium: 70.03mg (17.51%), Potassium: 505.56mg (14.44%), Calcium: 135.16mg (13.52%), Fiber: 3.32g (13.27%), Copper: 0.25mg (12.62%), Phosphorus: 123.9mg (12.39%), Vitamin B3: 2.05mg (10.25%), Iron: 1.76mg (9.76%), Vitamin B1: 0.11mg (7.42%), Vitamin B6: 0.12mg (6.04%), Vitamin B5: 0.58mg (5.83%), Zinc: 0.84mg (5.62%), Vitamin B2: 0.09mg (5.43%), Selenium: 1.35µg (1.93%)