



Grilled Shrimp Salad with Sesame Ginger Vinaigrette

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 cherry tomatoes cut in half
- ☐ 8 medium shrimp raw deveined peeled
- ☐ 2 green onions diagonally sliced
- ☐ 2 medium mushrooms thinly sliced
- ☐ 2 servings ginger sesame vinaigrette (recipe below)
- ☐ 12 ounce dole® very
- ☐ 12 ounce dole® very

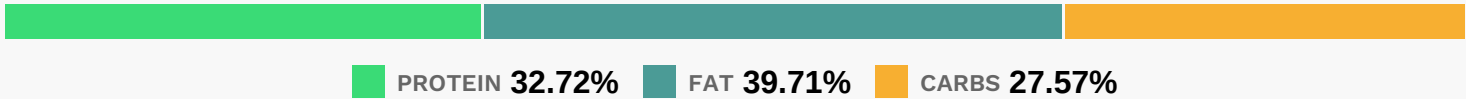
Equipment

☐ grill

Directions

- ☐ Brush shrimp with 2 to 3 tablespoons Ginger Sesame Vinaigrette. Grill over medium-high heat 3 to 4 minutes or until pink, turning once.
- ☐ Divide salad on 2 large plates. Arrange shrimp, tomatoes, mushrooms and green onions on each.
- ☐ Drizzle with Ginger Sesame Vinaigrette, to taste. Refrigerated leftovers.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:12.208695753761%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 97.34kcal (4.87%), Fat: 4.56g (7.01%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 5.09g (1.85%), Sugar: 2.78g (3.08%), Cholesterol: 50.4mg (16.8%), Sodium: 239.45mg (10.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.89%), Vitamin C: 22.01mg (26.68%), Copper: 0.53mg (26.52%), Vitamin K: 27.34µg (26.04%), Selenium: 16.76µg (23.95%), Phosphorus: 191.64mg (19.16%), Manganese: 0.33mg (16.27%), Vitamin A: 608.01IU (12.16%), Magnesium: 48.55mg (12.14%), Calcium: 118.13mg (11.81%), Iron: 2.09mg (11.63%), Vitamin B3: 2.24mg (11.19%), Vitamin B6: 0.22mg (11.04%), Potassium: 358.3mg (10.24%), Folate: 37.15µg (9.29%), Zinc: 1.27mg (8.45%), Vitamin B1: 0.12mg (8.2%), Fiber: 2.03g (8.12%), Vitamin B12: 0.45µg (7.52%), Vitamin B2: 0.13mg (7.44%), Vitamin E: 1.09mg (7.28%), Vitamin B5: 0.52mg (5.16%)