



Honey Dijon Salad with Shrimp

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

READY IN



20 min.

SERVINGS



20

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups carrots sliced
- 2 Tbsp corn oil
- 1 cup croutons plain
- 2 Tbsp grey poupon dijon mustard
- 0.3 cup cholesterol-free egg product
- 2 Tbsp honey
- 8 oz mushrooms sliced
- 10 oz romaine lettuce

- 1 lb shrimp cleaned cooked
- 2 Tbsp citrus champagne vinegar

Equipment

- bowl

Directions

- Mix lettuce with shrimp, mushrooms and carrots in large bowl; cover. Refrigerate until ready to serve.
- Mix egg product, oil, vinegar, mustard and honey in small bowl until well blended.
- Pour dressing over salad; toss to coat.
- Sprinkle with croutons.

Nutrition Facts

PROTEIN 37.68% **FAT 30.02%** **CARBS 32.3%**

Properties

Glycemic Index:11.76, Glycemic Load:2.13, Inflammation Score:-9, Nutrition Score:6.7934781546178%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 59.84kcal (2.99%), Fat: 2.07g (3.18%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.09g (1.49%), Sugar: 2.76g (3.06%), Cholesterol: 47.81mg (15.94%), Sodium: 69.01mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.67%), Vitamin A: 3390.46IU (67.81%), Vitamin K: 16.84µg (16.04%), Phosphorus: 76.58mg (7.66%), Copper: 0.14mg (7.2%), Folate: 27.19µg (6.8%), Potassium: 181.88mg (5.2%), Vitamin B2: 0.08mg (4.84%), Selenium: 3.15µg (4.49%), Fiber: 0.91g (3.66%), Magnesium: 14.13mg (3.53%), Manganese: 0.07mg (3.5%), Vitamin B3: 0.67mg (3.37%), Zinc: 0.49mg (3.29%), Vitamin B5: 0.28mg (2.84%), Iron: 0.5mg (2.8%), Calcium: 27.76mg (2.78%), Vitamin B1: 0.04mg (2.75%), Vitamin B6: 0.05mg (2.35%), Vitamin E: 0.35mg (2.33%), Vitamin C: 1.58mg (1.92%)