



Lemon-Basil Shrimp Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup basil fresh chopped
- ☐ 8 servings optional: lemon fresh
- ☐ 8 servings herbs like: thym
- ☐ 1 bell pepper red sliced
- ☐ 1 large onion red sliced
- ☐ 16 cups the salad
- ☐ 3 pounds shrimp cooked unpeeled
- ☐ 1 bell pepper yellow sliced

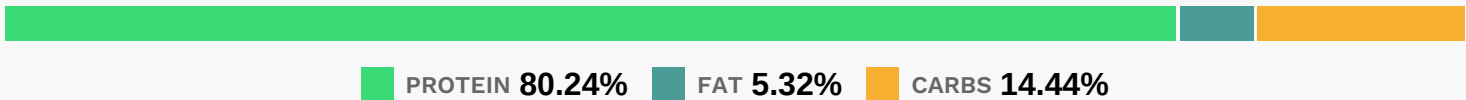
Equipment

☐ bowl

Directions

- ☐ Peel shrimp, and devein, if desired.
- ☐ Place shrimp and next 4 ingredients in a large zip-top plastic freezer bag. Seal and chill 8 hours or up to 24 hours, turning bag occasionally. Stir in basil 1 hour before serving.
- ☐ Drain and discard marinade just before serving.
- ☐ Divide greens evenly between Parmesan Baskets or serving bowls; arrange drained shrimp mixture evenly over lettuce.
- ☐ Serve with Fresh Lemon Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:28.06, Glycemic Load:0.61, Inflammation Score:-8, Nutrition Score:14.796522029068%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 173.6kcal (8.68%), Fat: 1.06g (1.63%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 5.51g (2%), Sugar: 1.39g (1.55%), Cholesterol: 273.86mg (91.29%), Sodium: 224.94mg (9.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.82g (71.65%), Vitamin C: 70.25mg (85.16%), Phosphorus: 409.71mg (40.97%), Copper: 0.75mg (37.25%), Vitamin A: 1590.73IU (31.81%), Potassium: 689.64mg (19.7%), Magnesium: 76.08mg (19.02%), Zinc: 2.57mg (17.1%), Vitamin K: 15.31µg (14.58%), Manganese: 0.27mg (13.39%), Calcium: 133.12mg (13.31%), Folate: 46.07µg (11.52%), Iron: 1.7mg (9.46%), Vitamin B6: 0.16mg (7.99%), Vitamin B3: 0.77mg (3.86%), Vitamin B2: 0.06mg (3.77%), Fiber: 0.93g (3.73%), Vitamin B1: 0.05mg (3.1%), Vitamin B5: 0.21mg

(2.06%), Vitamin E: 0.28mg (1.84%)