



Lemon-Splashed Shrimp Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup avocado chopped
- ☐ 0.8 cup celery sliced
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated

- ☐ 0.5 cup poblano pepper seeded chopped
- ☐ 0.7 cup rotini pasta uncooked (corkscrew pasta)
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 8 cups water

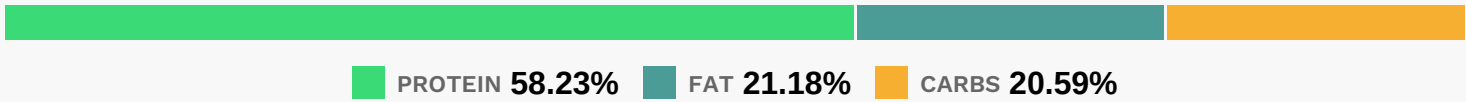
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 8 cups water to a boil in a large saucepan.
- ☐ Add pasta to pan; cook 5 minutes or until almost tender.
- ☐ Add shrimp to pan; cook 3 minutes or until done.
- ☐ Drain. Rinse with cold water; drain well.
- ☐ Combine pasta mixture, tomatoes, celery, avocado, poblano, cilantro, rind, juice, olive oil, and salt in a bowl; toss well.
- ☐ Wine note: The dominant green flavors here (avocado, celery), along with a nice hint of heat (poblanos) and citrus (lemon), all point to a perfect wine partner: sauvignon blanc. Sassy and herbal, sauvignon blanc itself is splashed with lemon flavors, making it a great mirror for the flavors of this salad. Try Girard Sauvignon Blanc 2005 from the Napa Valley (\$15). –Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:3.28, Inflammation Score:-5, Nutrition Score:12.915652057399%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 245.43kcal (12.27%), Fat: 5.91g (9.09%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 10.33g (3.76%), Sugar: 2.35g (2.61%), Cholesterol: 273.86mg (91.29%), Sodium: 684.13mg (29.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.57g (73.14%), Copper: 0.86mg (42.78%), Phosphorus: 412.47mg (41.25%), Vitamin C: 31.63mg (38.34%), Potassium: 739.67mg (21.13%), Magnesium: 83.19mg (20.8%), Zinc: 2.7mg (17.99%), Calcium: 143.38mg (14.34%), Vitamin K: 13.74µg (13.09%), Manganese: 0.26mg (12.96%), Fiber: 2.6g (10.41%), Selenium: 6.68µg (9.54%), Iron: 1.51mg (8.38%), Folate: 33.01µg (8.25%), Vitamin B6: 0.15mg (7.74%), Vitamin A: 378.14IU (7.56%), Vitamin E: 1.04mg (6.93%), Vitamin B5: 0.44mg (4.36%), Vitamin B3: 0.86mg (4.3%), Vitamin B1: 0.05mg (3.53%), Vitamin B2: 0.06mg (3.38%)