



Lime Shrimp Salad with Bean Sprouts and Thai Basil



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.8 cup carrots shredded (1 large)
- ☐ 0.8 cup roasted peanuts unsalted chopped
- ☐ 2 tablespoons fish sauce
- ☐ 2 cups bean sprouts fresh
- ☐ 2 garlic clove minced
- ☐ 3 tablespoons juice of lime fresh (1 lime)

- ☐ 0.5 cup mint leaves coarsely chopped
- ☐ 2 cups napa cabbage chinese thinly sliced ()
- ☐ 1 cup pineapple fresh diced
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 0.3 cup basil coarsely chopped
- ☐ 2 thai chile minced seeded
- ☐ 5 cups water

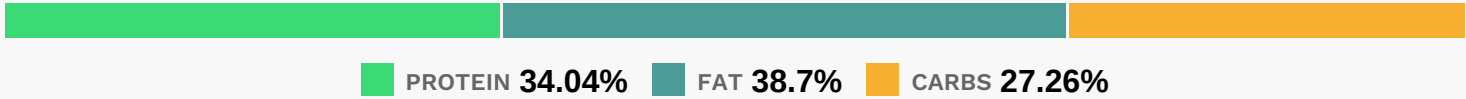
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare salad, combine first 6 ingredients in a large bowl.
- ☐ Bring 5 cups water to a boil in a large saucepan.
- ☐ Add shrimp to pan; reduce heat, and simmer 2 minutes or until done.
- ☐ Drain and rinse shrimp under cold water; drain well.
- ☐ Cut shrimp in half lengthwise; add shrimp to sprouts mixture, tossing to combine.
- ☐ To prepare dressing, combine sugar and next 4 ingredients (through chiles) in a small bowl, stirring with a whisk until sugar dissolves.
- ☐ Pour dressing over salad, tossing to coat.
- ☐ Sprinkle with peanuts.
- ☐ Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:39.58, Glycemic Load:2.66, Inflammation Score:-9, Nutrition Score:16.498695574377%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 204.95kcal (10.25%), Fat: 9.48g (14.58%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 11.25g (4.09%), Sugar: 7.61g (8.45%), Cholesterol: 91.29mg (30.43%), Sodium: 645.18mg (28.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.76g (37.51%), Vitamin A: 3005.15IU (60.1%), Manganese: 0.93mg (46.54%), Vitamin C: 31.89mg (38.66%), Vitamin K: 28.97µg (27.59%), Copper: 0.5mg (25.21%), Phosphorus: 232.67mg (23.27%), Magnesium: 83.69mg (20.92%), Folate: 81.19µg (20.3%), Vitamin B3: 3.62mg (18.11%), Potassium: 544.84mg (15.57%), Fiber: 3.77g (15.07%), Vitamin B6: 0.24mg (11.89%), Calcium: 111.48mg (11.15%), Zinc: 1.5mg (9.99%), Vitamin B1: 0.14mg (9.22%), Iron: 1.55mg (8.62%), Vitamin B2: 0.11mg (6.27%), Vitamin B5: 0.55mg (5.55%), Selenium: 2.5µg (3.57%), Vitamin E: 0.21mg (1.39%)