



Lime Shrimp Salad with Bean Sprouts and Thai Basil



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

SALAD

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.8 cup carrots shredded (1 large)
- ☐ 0.8 cup chop roasted peanuts unsalted chopped
- ☐ 2 tablespoons fish sauce
- ☐ 2 cups bean sprouts fresh
- ☐ 2 garlic 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 thai basil coarsely chopped
- ☐ 2 thai chile minced seeded
- ☐ 5 cups water

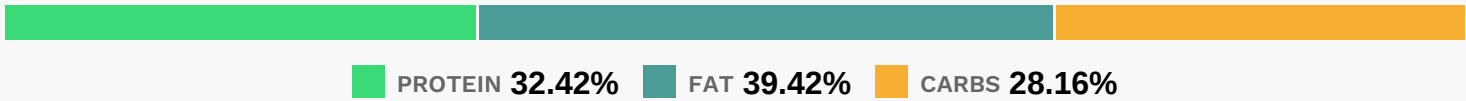
Equipment

- ☐ 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:0, Nutrition Score:16.585217495327%

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: 209.34kcal (10.47%), Fat: 9.85g (15.15%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 12.11g (4.4%), Sugar: 8.52g (9.47%), Cholesterol: 91.29mg (30.43%), Sodium: 643.03mg (27.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.22g (36.44%), Vitamin A: 3005.15IU (60.1%), Manganese: 0.89mg (44.58%), Vitamin C: 31.89mg (38.66%), Vitamin K: 28.97µg (27.59%), Copper: 0.46mg (23.19%), Phosphorus: 230.1mg (23.01%), Magnesium: 86.4mg (21.6%), Folate: 76.38µg (19.1%), Vitamin B3: 3.6mg (17.98%), Potassium: 522.09mg (14.92%), Fiber: 3.72g (14.87%), Vitamin B6: 0.28mg (13.93%), Zinc: 1.65mg (11.02%), Calcium: 104.11mg (10.41%), Iron: 1.43mg (7.95%), Vitamin E: 1.13mg (7.55%), Vitamin B2: 0.13mg (7.53%), Vitamin B1: 0.11mg (7.26%), Vitamin B5: 0.56mg (5.62%), Selenium: 2.87µg (4.11%)