



WHATSheATE



Marinated Shrimp Salad (Gluten-Free, Nut-Free, Soy-Free)



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 celery chopped (I always skip)
- ☐ 0.5 teaspoon basil dried
- ☐ 2 garlic cloves minced
- ☐ 1 bunch green onions chopped
- ☐ 8 servings garnishes: lemon wedges
- ☐ 8 cups salad greens mixed

- ☐ 2 tablespoons paprika
- ☐ 0.5 teaspoon salt
- ☐ 2.5 lbs shrimp fresh unpeeled
- ☐ 2 teaspoons sugar
- ☐ 2 quarts water

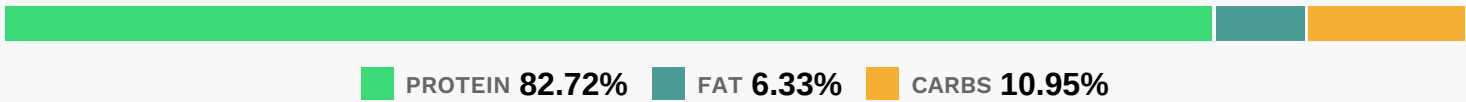
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Bring 2 quarts water to a boil; add shrimp and cook 3–5 minutes or just until shrimp turn pink.
- ☐ Drain and rinse with cold water. Peel shrimp and devein, if desired. Chill.
- ☐ Whisk together olive oil and next 7 ingredients in a large bowl until blended; stir in green onions, celery and garlic.
- ☐ Add shrimp, toss to coat. Cover and chill 3 hours. Arrange shrimp on salad greens and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:29.57, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:9.0404349746911%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 138.48kcal (6.92%), Fat: 1g (1.54%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.1g (1.13%), Sugar: 1.3g (1.44%), Cholesterol: 228.21mg (76.07%), Sodium: 338.94mg (14.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.38g (58.76%), Phosphorus: 327.36mg (32.74%), Copper: 0.63mg (31.62%), Vitamin A: 1351.84IU (27.04%), Magnesium: 61.03mg (15.26%), Potassium: 500.71mg (14.31%), Zinc: 2.11mg (14.07%), Vitamin C: 10.66mg (12.92%), Calcium: 112.98mg (11.3%), Vitamin K: 9.09µg (8.66%), Manganese: 0.17mg (8.33%), Iron: 1.49mg (8.27%), Folate: 18.27µg (4.57%), Vitamin B6: 0.08mg (4.16%), Vitamin E: 0.54mg (3.59%), Fiber: 0.79g (3.15%), Vitamin B2: 0.05mg (2.74%), Vitamin B3: 0.43mg (2.13%), Vitamin B1: 0.02mg (1.44%), Vitamin B5: 0.1mg (1.04%)