



Mediterranean Potato Salad with Shrimp and Feta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon dijon mustard
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 2 ounces feta cheese crumbled
- ☐ 1.5 tablespoons basil fresh chopped
- ☐ 2 tablespoons kalamata olives pitted chopped
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 cup bell pepper red cut into 1/4-inch strips
- ☐ 1 cup onion red thinly sliced
- ☐ 1.5 pounds potatoes – remove skin red quartered
- ☐ 3 cups the of 1 cos lettuce thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp cooked peeled
- ☐ 0.8 teaspoon sugar
- ☐ 1 cup bell pepper yellow cut into 1/4-inch strips

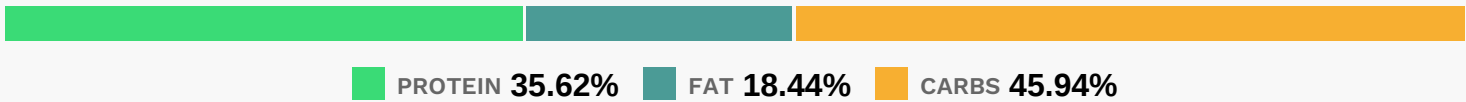
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ To prepare dressing, combine first 6 ingredients, stirring well with a whisk.
- ☐ To prepare salad, arrange potatoes in a single layer on a microwave–safe dish; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Microwave at HIGH 15 minutes or until potatoes are tender.
- ☐ Place potatoes in a large bowl.
- ☐ Add shrimp and 1 tablespoon dressing to potatoes; toss gently to combine.
- ☐ Add remaining dressing, lettuce, bell peppers, onion, and cheese; toss gently to coat. Top each serving with 1 1/2 teaspoons kalamata olives.

Nutrition Facts



Properties

Glycemic Index:72.52, Glycemic Load:1.99, Inflammation Score:-10, Nutrition Score:26.64521748605%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.49mg, Quercetin: 10.49mg, Quercetin: 10.49mg, Quercetin: 10.49mg

Nutrients (% of daily need)

Calories: 322.62kcal (16.13%), Fat: 6.84g (10.53%), Saturated Fat: 2.48g (15.53%), Carbohydrates: 38.37g (12.79%), Net Carbohydrates: 32.74g (11.9%), Sugar: 6.75g (7.5%), Cholesterol: 195.19mg (65.06%), Sodium: 690.47mg (30.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.74g (59.48%), Vitamin C: 136.62mg (165.6%), Vitamin A: 4440.01IU (88.8%), Vitamin K: 47.89µg (45.61%), Phosphorus: 436.42mg (43.64%), Potassium: 1395.12mg (39.86%), Copper: 0.76mg (38.25%), Vitamin B6: 0.6mg (29.95%), Folate: 118.94µg (29.73%), Manganese: 0.5mg (24.99%), Magnesium: 99.2mg (24.8%), Fiber: 5.63g (22.52%), Calcium: 191.59mg (19.16%), Zinc: 2.81mg (18.72%), Vitamin B1: 0.24mg (15.78%), Iron: 2.76mg (15.32%), Vitamin B3: 2.97mg (14.85%), Vitamin B2: 0.25mg (14.69%), Vitamin B5: 0.9mg (9.02%), Vitamin E: 1.14mg (7.6%), Selenium: 3.63µg (5.18%), Vitamin B12: 0.24µg (3.99%)