



Mediterranean Shrimp and Rice Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



243 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 cups rice long-grain cooled cooked room temperature
- ☐ 1.3 cups cucumber peeled seeded chopped
- ☐ 2 ounces feta cheese crumbled reduced-fat
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup grape tomatoes halved
- ☐ 0.5 cup bell pepper green chopped

- ☐ 2 kalamata olives pitted chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound shrimp cooked peeled

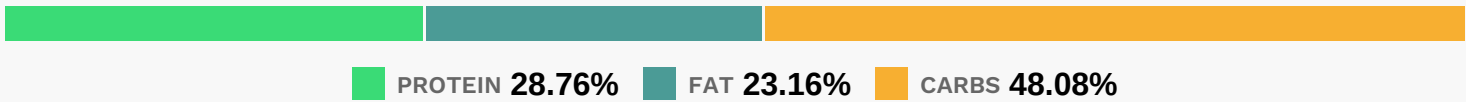
Equipment

- ☐ bowl

Directions

- ☐ Combine first 8 ingredients in a large bowl.
- ☐ Combine lemon juice and remaining 5 ingredients in a small bowl, stirring well.
- ☐ Pour lemon juice mixture over shrimp mixture; toss gently. Chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:24.88, Inflammation Score:-6, Nutrition Score:9.5895652874656%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 242.95kcal (12.15%), Fat: 6.34g (9.75%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 27.61g (10.04%), Sugar: 3.42g (3.8%), Cholesterol: 98.88mg (32.96%), Sodium: 521.76mg (22.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.43%), Vitamin C: 28.01mg (33.95%), Manganese:

0.59mg (29.64%), Phosphorus: 186.06mg (18.61%), Copper: 0.37mg (18.28%), Potassium: 410.29mg (11.72%), Magnesium: 45.31mg (11.33%), Vitamin B6: 0.21mg (10.53%), Vitamin A: 525.63IU (10.51%), Vitamin K: 9.94µg (9.46%), Zinc: 1.38mg (9.22%), Selenium: 6.29µg (8.98%), Fiber: 1.99g (7.97%), Calcium: 70.49mg (7.05%), Vitamin E: 0.92mg (6.12%), Folate: 23.42µg (5.85%), Iron: 0.95mg (5.3%), Vitamin B5: 0.51mg (5.12%), Vitamin B1: 0.07mg (4.51%), Vitamin B3: 0.73mg (3.64%), Vitamin B2: 0.05mg (2.77%)