



Mediterranean Shrimp Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil leaves
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 8 ounce bread french sliced
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.5 cup olives green pitted chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 8 cups salad greens mixed
- ☐ 1.5 tablespoons olive oil

- ☐ 1 cup plum tomatoes diced
- ☐ 3 tablespoons onion red finely chopped
- ☐ 1 pound shrimp cooked peeled

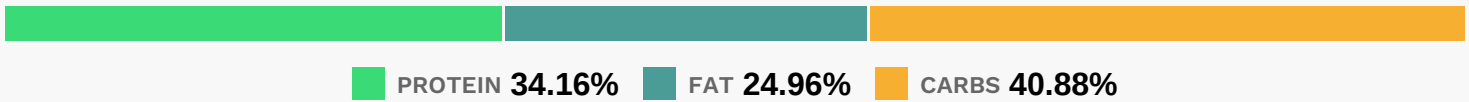
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Place first 5 ingredients in a blender or food processor, and pulse several times or until well-blended.
- ☐ Place 1/2 cup olive mixture in a large bowl; add shrimp, and toss to coat.
- ☐ Add remaining olive mixture to salad greens; toss to coat. Divide greens evenly among 4 plates, and top with shrimp mixture and tomato.
- ☐ Sprinkle with parsley and pepper.
- ☐ Serve with bread.

Nutrition Facts



Properties

Glycemic Index:69.88, Glycemic Load:23.55, Inflammation Score:-9, Nutrition Score:21.980869635292%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 353.36kcal (17.67%), Fat: 10.05g (15.46%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 37.03g (12.34%), Net Carbohydrates: 34.08g (12.39%), Sugar: 4.91g (5.45%), Cholesterol: 182.57mg (60.86%), Sodium: 766.06mg (33.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.94g (61.89%), Vitamin K: 77.04µg (73.37%), Vitamin C: 36.83mg (44.64%), Vitamin A: 1866.4IU (37.33%), Phosphorus: 355.16mg (35.52%), Copper: 0.65mg (32.37%), Manganese: 0.62mg (30.88%), Vitamin B1: 0.46mg (30.83%), Folate: 119.2µg (29.8%), Selenium: 16.77µg (23.96%), Iron: 3.94mg (21.87%), Potassium: 705.01mg (20.14%), Magnesium: 80.11mg (20.03%), Vitamin B3: 3.65mg (18.26%), Vitamin B2: 0.3mg (17.88%), Zinc: 2.46mg (16.41%), Calcium: 139.65mg (13.96%), Vitamin E: 1.9mg (12.67%), Fiber: 2.95g (11.8%), Vitamin B6: 0.2mg (9.93%), Vitamin B5: 0.39mg (3.91%)