



Melon and Shrimp Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon slivered basil leaves fresh
- 1 cantaloupe
- 1 tablespoon cilantro leaves fresh finely chopped
- 1 tablespoon ginger fresh minced
- 1 honeydew
- 1 jalapeño chili fresh minced stemmed rinsed seeded
- 1 makrut lime leaf rinsed
- 0.3 cup juice of lime

- 2 tablespoons roasted peanuts salted finely chopped
- 0.5 pound tiny shrimp shelled cooked
- 2 tablespoons soya sauce (nuoc mam or nam pla)
- 1 tablespoon sugar

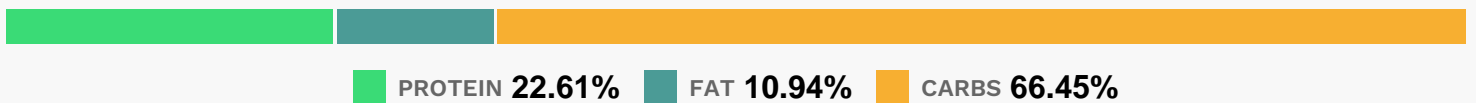
Equipment

- bowl
- oven
- microwave
- colander

Directions

- In a microwave-safe bowl, mix sugar, ginger, and 1 tablespoon water.
- Cut lime leaf crosswise into thin slivers; add to bowl.
- Heat in a microwave oven on full power (100%) until hot, about 30 seconds.
- Add lime juice and fish sauce, stir, and let dressing stand.
- Rinse cantaloupe and honeydew; cut off and discard peel, cut melons in half, and scoop out and discard seeds.
- Cut each melon into 1-inch-thick slices and arrange on a platter.
- Place shrimp in a colander and rinse under cold water; lay on towels to drain. Scatter shrimp over melon. Stir minced chili (to taste) into dressing, then spoon dressing over melon and shrimp.
- Sprinkle basil and cilantro over salad, then top with peanuts. To serve, spoon portions, including dressing, onto plates.

Nutrition Facts



Properties

Glycemic Index:53.1, Glycemic Load:6.3, Inflammation Score:-9, Nutrition Score:14.154782563448%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.22mg,
Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 5.71mg, Hesperetin: 5.71mg, Hesperetin:
5.71mg, Hesperetin: 5.71mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg
Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.06mg, Kaempferol: 0.06mg,
Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin:
0.26mg

Nutrients (% of daily need)

Calories: 176.88kcal (8.84%), Fat: 2.35g (3.61%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 32.08g (10.69%), Net
Carbohydrates: 28.89g (10.51%), Sugar: 27.26g (30.29%), Cholesterol: 60.86mg (20.29%), Sodium: 597.13mg
(25.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.83%), Vitamin C: 57.64mg (69.86%),
Vitamin A: 3276.69IU (65.53%), Potassium: 808.96mg (23.11%), Magnesium: 65.18mg (16.3%), Folate: 63.6µg
(15.9%), Copper: 0.32mg (15.87%), Vitamin B6: 0.28mg (13.89%), Phosphorus: 137.96mg (13.8%), Fiber: 3.19g
(12.75%), Vitamin B3: 2.25mg (11.23%), Manganese: 0.21mg (10.61%), Vitamin K: 10.82µg (10.31%), Vitamin B1: 0.14mg
(9.65%), Zinc: 1.21mg (8.09%), Iron: 1.13mg (6.3%), Calcium: 57.4mg (5.74%), Selenium: 3.94µg (5.63%), Vitamin B5:
0.53mg (5.28%), Vitamin B2: 0.06mg (3.72%), Vitamin E: 0.23mg (1.51%)