



WHATSheATE



Peanut Shrimp Salad With Basil-Lime Dressing

 Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups the salad mixed
- ☐ 1 cup panko bread crumbs (panko)
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon curry powder red
- ☐ 0.3 cup chop roasted peanuts salted chopped
- ☐ 0.5 cup chop roasted peanuts salted
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup cucumber diced english

- ☐ 0.3 cup mint leaves fresh loosely packed
- ☐ 3 spring onion light
- ☐ 20 jumbo shrimp wild fresh uncooked unpeeled
- ☐ 4 servings lime
- ☐ 1 cup mangos diced peeled
- ☐ 0.5 cup mung bean sprouts
- ☐ 2 tablespoons vegetable oil; peanut oil preferred

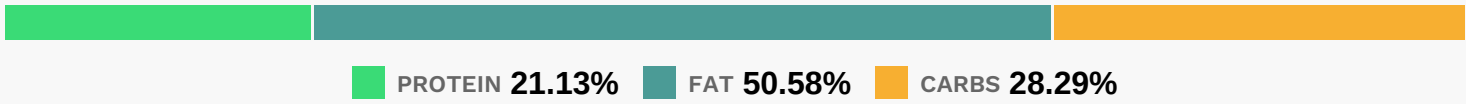
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut green onions into 2-inch-long thin strips.
- ☐ If frozen, thaw shrimp according to package directions. Peel shrimp; devein, if desired.
- ☐ Pulse breadcrumbs and next 3 ingredients in a food processor 5 times or until mixture resembles fine crumbs.
- ☐ Transfer mixture to a shallow dish or pie plate.
- ☐ Dip shrimp in egg; dredge in breadcrumb mixture.
- ☐ Cook shrimp in hot oil in a large nonstick skillet over medium-high heat 3 minutes on each side or until golden.
- ☐ Gently toss together green onions, salad greens, next 4 ingredients, and 2 Tbsp. Basil-Lime Dressing in a large bowl. Arrange salad on 4 individual plates; top each with 5 shrimp.
- ☐ Sprinkle with 1/4 cup peanuts, and drizzle with remaining dressing.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:3.18, Inflammation Score:-8, Nutrition Score:18.942173766053%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 400.14kcal (20.01%), Fat: 23.57g (36.27%), Saturated Fat: 4.06g (25.35%), Carbohydrates: 29.68g (9.89%), Net Carbohydrates: 24.78g (9.01%), Sugar: 9.32g (10.35%), Cholesterol: 127mg (42.33%), Sodium: 314.77mg (13.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.16g (44.31%), Manganese: 0.93mg (46.47%), Vitamin C: 29.1mg (35.27%), Phosphorus: 297.98mg (29.8%), Vitamin K: 30.53µg (29.08%), Vitamin B3: 5.74mg (28.72%), Folate: 98.09µg (24.52%), Copper: 0.48mg (24.11%), Magnesium: 94.85mg (23.71%), Vitamin A: 1102.29IU (22.05%), Vitamin E: 3.2mg (21.3%), Fiber: 4.9g (19.6%), Potassium: 591.21mg (16.89%), Vitamin B1: 0.24mg (16.13%), Selenium: 10.98µg (15.69%), Vitamin B2: 0.25mg (14.46%), Iron: 2.57mg (14.28%), Zinc: 2.13mg (14.2%), Vitamin B6: 0.28mg (14.16%), Calcium: 115.1mg (11.51%), Vitamin B5: 0.93mg (9.32%), Vitamin B12: 0.16µg (2.73%), Vitamin D: 0.25µg (1.67%)