



Peppered Shrimp and Mango Salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 lb shrimp frozen thawed deveined uncooked
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 1 tablespoon vegetable oil
- 5 oz the salad mixed
- 1.5 cups mangos diced ()
- 0.5 cup radishes sliced (5 medium)
- 0.3 cup sesame-ginger dressing

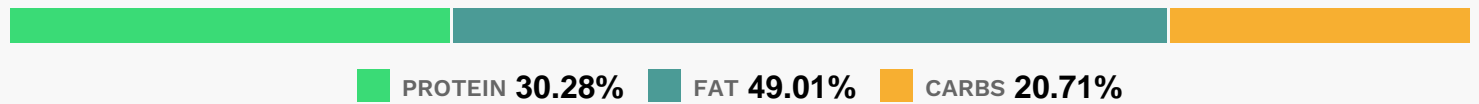
Equipment

- bowl
- frying pan

Directions

- Toss shrimp with salt and pepper.
- In 10-inch skillet, heat oil over high heat.
- Add shrimp; cook about 3 minutes, stirring frequently, until shrimp are pink.
- Remove from heat.
- In large bowl, toss salad greens, mangoes, radishes and dressing. Top with shrimp.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:4.41, Inflammation Score:-7, Nutrition Score:9.7534781538922%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 9.17mg, Pelargonidin: 9.17mg, Pelargonidin: 9.17mg, Pelargonidin: 9.17mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 240.38kcal (12.02%), Fat: 13.53g (20.82%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 11.37g (4.14%), Sugar: 10.48g (11.65%), Cholesterol: 136.93mg (45.64%), Sodium: 615.76mg (26.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.82g (37.63%), Vitamin C: 32.89mg (39.87%), Vitamin A: 1081.93IU (21.64%), Phosphorus: 215.49mg (21.55%), Copper: 0.43mg (21.49%), Vitamin K: 21.12µg (20.11%), Potassium: 459.31mg (13.12%), Vitamin E: 1.88mg (12.53%), Folate: 43.39µg (10.85%), Magnesium: 41.74mg (10.43%), Zinc: 1.33mg (8.9%), Manganese: 0.16mg (8.09%), Calcium: 74.71mg (7.47%), Fiber: 1.49g (5.97%), Vitamin B6: 0.11mg (5.65%), Iron: 0.97mg (5.37%), Vitamin B3: 0.65mg (3.24%), Vitamin B2: 0.05mg (2.78%), Vitamin B1: 0.03mg (2%), Vitamin B5: 0.19mg (1.92%), Selenium: 0.95µg (1.35%)