



Pineapple Mango Shrimp

READY IN



142 min.

SERVINGS



22

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp cornstarch
- 1 Tbsp 1 tbsp. kraft zesty italian dressing italian kraft
- 0.5 cup juice of lemon
- 0.3 cup kool-aid orange flavor sugar-sweetened drink mix
- 1 cup mango chunks
- 2 cups pineapple chunks
- 2.5 lb shrimp raw cleaned (21 to 30 count)
- 0.3 cup water

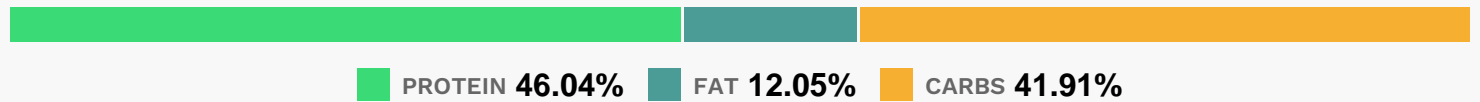
Equipment

- bowl
- frying pan

Directions

- Mix cornstarch with water to form a paste; set aside. Cook and stir shrimp in dressing in large skillet on medium heat 3 minutes.
- Remove shrimp from skillet; set aside.
- Add pineapple, mango, lemon juice and drink mix to skillet; stir until well blended. Stir in cornstarch mixture. Bring to boil. Reduce heat to medium.
- Add shrimp; cook 2 minutes or until shrimp turn pink.
- Place in large bowl; cover.
- Refrigerate at least 2 hours or until chilled.
- Serve over torn mixed salad greens or spooned into a decorative glass.

Nutrition Facts



Properties

Glycemic Index:2.35, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:4.8426086889661%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 64.29kcal (3.21%), Fat: 0.86g (1.33%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.33g (2.3%), Sugar: 4.98g (5.54%), Cholesterol: 65.29mg (21.76%), Sodium: 304.64mg (13.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.82%), Selenium: 15.65µg (22.36%), Phosphorus: 134mg (13.4%), Vitamin B12: 0.58µg (9.73%), Vitamin C: 6.94mg (8.41%), Copper: 0.13mg (6.48%), Vitamin B6: 0.12mg

(5.84%), Vitamin B3: 1.11mg (5.54%), Vitamin E: 0.78mg (5.2%), Magnesium: 17.04mg (4.26%), Folate: 15.86µg (3.96%), Vitamin A: 188.44IU (3.77%), Calcium: 36.84mg (3.68%), Zinc: 0.55mg (3.64%), Potassium: 114.57mg (3.27%), Vitamin B1: 0.04mg (2.87%), Vitamin B5: 0.19mg (1.91%), Vitamin B2: 0.03mg (1.71%), Fiber: 0.42g (1.68%), Manganese: 0.02mg (1.21%), Iron: 0.2mg (1.1%), Vitamin K: 1.07µg (1.02%)