



## Quinoa & Shrimp Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 cup athenos feta cheese crumbled traditional
- 0.3 cup dressing italian kraft
- 0.3 cup kalamata olives sliced
- 0.5 cup quinoa uncooked
- 0.5 cup pasilla peppers red chopped
- 4 cups torn salad greens mixed
- 0.5 lb shrimp cleaned cooked

## Equipment

bowl

## Directions

- Cook quinoa as directed on package; spoon into large bowl.
- Let stand 5 min.
- Stir in all remaining ingredients except salad greens.
- Add salad greens; mix lightly.

## Nutrition Facts

**PROTEIN 28.25%** **FAT 40.92%** **CARBS 30.83%**

## Properties

Glycemic Index:14.75, Glycemic Load:0.43, Inflammation Score:-8, Nutrition Score:13.975652300793%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 250.64kcal (12.53%), Fat: 11.55g (17.77%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 17.32g (6.3%), Sugar: 2.96g (3.29%), Cholesterol: 107.97mg (35.99%), Sodium: 663.39mg (28.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.94g (35.88%), Vitamin C: 33.2mg (40.24%), Phosphorus: 305.47mg (30.55%), Manganese: 0.54mg (27.09%), Vitamin A: 1170.91IU (23.42%), Copper: 0.39mg (19.67%), Magnesium: 74.12mg (18.53%), Folate: 68.81µg (17.2%), Vitamin B2: 0.26mg (15.44%), Calcium: 153.61mg (15.36%), Vitamin B6: 0.29mg (14.26%), Zinc: 2.11mg (14.05%), Vitamin K: 12.37µg (11.79%), Potassium: 410.22mg (11.72%), Vitamin E: 1.7mg (11.36%), Iron: 1.83mg (10.14%), Fiber: 2.25g (9%), Vitamin B1: 0.13mg (8.91%), Selenium: 5.29µg (7.56%), Vitamin B12: 0.32µg (5.28%), Vitamin B3: 0.96mg (4.82%), Vitamin B5: 0.46mg (4.55%)