



Romaine, Asparagus, and Watercress Salad with Shrimp

 Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups cut asparagus 1-inch
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 4 tablespoons olive oil divided
- ☐ 1.5 teaspoons paprika
- ☐ 7 cups torn romaine lettuce
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 cup watercress trimmed
- ☐ 4 servings wheat rolls with orange butter

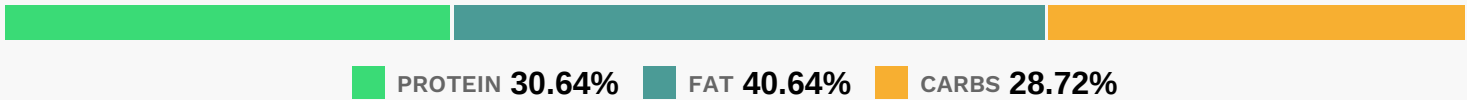
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 8 ingredients; gradually whisk in 3 tablespoons oil.
- ☐ Heat remaining 1 tablespoon oil in a large skillet over medium-high heat.
- ☐ Add shrimp; cook 2 minutes.
- ☐ Add juice mixture; cook 1 minute. Stir in asparagus.
- ☐ Place romaine in a large bowl; toss with shrimp mixture. Divide salad among 4 plates; top each with 1/4 cup watercress.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:27.996956651949%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin:

0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.84mg, Quercetin: 13.84mg, Quercetin: 13.84mg, Quercetin: 13.84mg

Nutrients (% of daily need)

Calories: 378kcal (18.9%), Fat: 17.8g (27.39%), Saturated Fat: 2.77g (17.28%), Carbohydrates: 28.3g (9.43%), Net Carbohydrates: 22.89g (8.32%), Sugar: 5.72g (6.35%), Cholesterol: 182.57mg (60.86%), Sodium: 646.67mg (28.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.2g (60.4%), Vitamin A: 8429.68IU (168.59%), Vitamin K: 150.45µg (143.29%), Folate: 203.06µg (50.76%), Manganese: 0.84mg (41.81%), Phosphorus: 371.08mg (37.11%), Copper: 0.74mg (36.9%), Iron: 4.99mg (27.75%), Vitamin B1: 0.38mg (25.61%), Vitamin C: 20.19mg (24.47%), Selenium: 16.68µg (23.83%), Potassium: 794.51mg (22.7%), Vitamin E: 3.31mg (22.06%), Magnesium: 86.73mg (21.68%), Fiber: 5.41g (21.64%), Vitamin B2: 0.32mg (18.65%), Calcium: 180.37mg (18.04%), Zinc: 2.64mg (17.61%), Vitamin B3: 3.08mg (15.41%), Vitamin B6: 0.23mg (11.68%), Vitamin B5: 0.61mg (6.15%)