



Sauteed Strawberry, Sausage and Shrimp Salad

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



475 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ounces basil leaves thinly sliced
- ☐ 4 ounces feta cheese crumbled
- ☐ 2 tablespoons grapeseed oil
- ☐ 0.5 teaspoon ground pepper white
- ☐ 2 ounces olive oil
- ☐ 0.3 cup small-diced onion yellow
- ☐ 1 cup romaine lettuce shredded

- ☐ 6 ounces precooked sausage diced italian
- ☐ 1 teaspoon sea salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 pint strawberries quartered
- ☐ 6 tablespoons butter unsalted
- ☐ 0.3 cup balsamic vinegar white
- ☐ 0.3 cup white wine such as a riesling

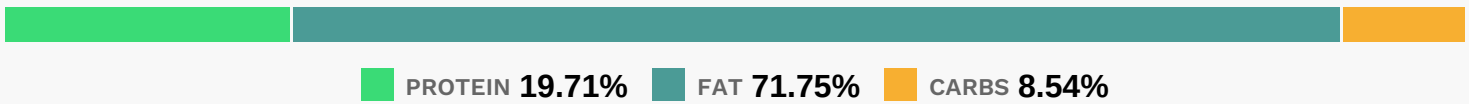
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large saute pan over medium-high heat, allow the grapeseed oil to heat until warmed. Then add the shrimp and onions. Stir the shrimp and onions, allowing to cook for 2 minutes. Then add the salt and pepper. Again, stir and cook until the onions are caramelized, 2 to 3 minutes. Next, add the sausage, again stir, and cook for 2 minutes.
- ☐ Add the wine and deglaze, allowing the wine to reduce by half the original volume. Once the wine reduces, reduce the heat to low and add the strawberries and balsamic. Finish for 2 additional minutes. Once cooked, add the butter and stir into the cooked items, stirring until smooth. Finish with the feta cheese.
- ☐ Mix the lettuce, basil, olive oil and salt in a bowl.
- ☐ Plate the shrimp and sausage mixture and add the lettuce mixture on top.

Nutrition Facts



Properties

Glycemic Index:51.83, Glycemic Load:3.14, Inflammation Score:-8, Nutrition Score:17.567391084588%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 475.15kcal (23.76%), Fat: 37.77g (58.11%), Saturated Fat: 14.05g (87.81%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 8.06g (2.93%), Sugar: 5.95g (6.61%), Cholesterol: 189.05mg (63.02%), Sodium: 880.04mg (38.26%), Alcohol: 1.03g (100%), Alcohol %: 0.47% (100%), Protein: 23.35g (46.7%), Vitamin C: 49.11mg (59.53%), Vitamin K: 56.17µg (53.5%), Vitamin A: 1641.24IU (32.82%), Phosphorus: 299.72mg (29.97%), Manganese: 0.5mg (24.98%), Vitamin E: 3.43mg (22.89%), Copper: 0.41mg (20.41%), Calcium: 185.48mg (18.55%), Zinc: 2.42mg (16.17%), Potassium: 481.88mg (13.77%), Magnesium: 54.8mg (13.7%), Vitamin B2: 0.23mg (13.66%), Vitamin B6: 0.24mg (11.9%), Folate: 44.14µg (11.04%), Vitamin B3: 1.96mg (9.8%), Vitamin B12: 0.58µg (9.74%), Iron: 1.73mg (9.61%), Vitamin B1: 0.14mg (9.28%), Fiber: 2.05g (8.2%), Vitamin B5: 0.53mg (5.31%), Selenium: 3.4µg (4.86%), Vitamin D: 0.65µg (4.36%)