



Seared Shrimp Salad with Sauteed Ramps and



Gluten Free



Dairy Free

READY IN



43 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 2 medium size dill pickles ends trimmed halved lengthwise cut into thin slices
- ☐ 1 tablespoon honey
- ☐ 1 juice of lemon
- ☐ 4 servings kosher salt and pepper white freshly ground
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 24 spring ramps washed and dried ends trimmed (or substitute scallions)

- ☐ 12 shrimp shelled deveined (U-10)
- ☐ 0.5 cup vegetable oil
- ☐ 1 tablespoon vegetable oil
- ☐ 3 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ oranges, skinned and broken into sections
- ☐ Make the dressing: In a bowl, combine the white wine vinegar, lemon juice, honey and mustard.
- ☐ Whisk to blend. Season with salt and pepper, to taste. Slowly whisk in the olive oil and the vegetable oil. Stir in the pickle slices and taste for seasoning. Set aside.
- ☐ Heat a large skillet, over medium heat, and add the vegetable oil. Season the shrimp on both sides with salt and pepper, to taste. When the oil begins to smoke lightly, add the shrimp, in a single layer. Cook for 1 to 2 minutes and then turn them on the other side. Cook for an additional 1 to 2 minutes.
- ☐ Transfer the shrimp, and a little bit of the oil from the pan, to a bowl.
- ☐ Drizzle them with some of the dressing and set aside.
- ☐ Cook the ramps: In a large skillet, add the olive oil and the ramps and season with salt and pepper, to taste. Cook over high heat for 30 seconds, stirring constantly, to wilt the ramps. Cook for an additional minute and then transfer them to a bowl.
- ☐ Arrange the ramps on 4 plates and drizzle with remaining dressing. (Or, alternatively, on a large serving platter.) Top each serving with some shrimp and sections of orange.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:3.36, Inflammation Score:-7, Nutrition Score:11.982173813426%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 268.24kcal (13.41%), Fat: 21.87g (33.64%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 9.46g (3.44%), Sugar: 6.65g (7.38%), Cholesterol: 48.3mg (16.1%), Sodium: 352.6mg (15.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.83%), Vitamin K: 178.3µg (169.81%), Vitamin C: 17.64mg (21.38%), Vitamin E: 2.97mg (19.79%), Vitamin A: 780.43IU (15.61%), Folate: 50.75µg (12.69%), Manganese: 0.25mg (12.61%), Fiber: 2.92g (11.66%), Copper: 0.21mg (10.53%), Phosphorus: 105.32mg (10.53%), Iron: 1.79mg (9.96%), Calcium: 97.82mg (9.78%), Potassium: 336.37mg (9.61%), Magnesium: 31.78mg (7.95%), Zinc: 0.78mg (5.23%), Vitamin B2: 0.08mg (4.96%), Vitamin B1: 0.06mg (4.28%), Vitamin B6: 0.06mg (3.21%), Selenium: 1.82µg (2.6%), Vitamin B3: 0.45mg (2.26%)