



Sesame Shrimp-and-Couscous Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup couscous uncooked
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 2 tablespoons dry-roasted peanuts unsalted finely chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 1.5 teaspoons soya sauce low-sodium
- ☐ 0.8 cup peas green frozen thawed
- ☐ 1 cup bell pepper red chopped

- ☐ 1.5 cups romaine lettuce thinly sliced
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 2 teaspoons vegetable oil
- ☐ 3.3 cups water divided

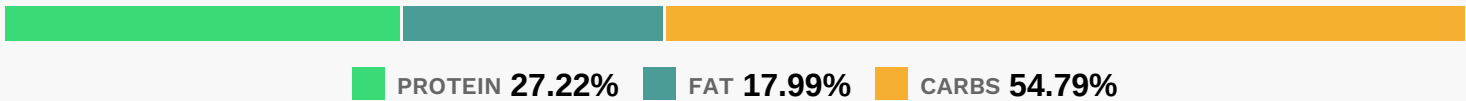
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 2 cups water to a boil in a medium saucepan.
- ☐ Add shrimp; cook 3 minutes or until done.
- ☐ Drain and rinse with cold water; cut shrimp in half. Bring 1 1/4 cups water to a boil in saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork; cool.
- ☐ Combine vinegar, vegetable oil, soy sauce, sesame oil, and garlic in a large bowl; stir well with a whisk.
- ☐ Add shrimp, couscous, lettuce, bell pepper, peas, and cilantro; toss well.
- ☐ Sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:63.33, Glycemic Load:21.95, Inflammation Score:-9, Nutrition Score:17.874782629635%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 304.06kcal (15.2%), Fat: 6.06g (9.32%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 41.5g (13.83%), Net Carbohydrates: 36.13g (13.14%), Sugar: 3.35g (3.72%), Cholesterol: 91.29mg (30.43%), Sodium: 175.72mg (7.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.23%), Vitamin C: 59.76mg (72.44%), Vitamin A: 2976.97IU (59.54%), Manganese: 0.69mg (34.39%), Vitamin K: 33.95µg (32.34%), Phosphorus: 263.92mg (26.39%), Copper: 0.46mg (23.07%), Fiber: 5.37g (21.47%), Folate: 75.19µg (18.8%), Magnesium: 67.01mg (16.75%), Vitamin B3: 3.28mg (16.41%), Potassium: 463.89mg (13.25%), Vitamin B1: 0.19mg (12.96%), Vitamin B6: 0.24mg (12.08%), Zinc: 1.74mg (11.59%), Iron: 1.67mg (9.27%), Vitamin B5: 0.79mg (7.95%), Calcium: 76.2mg (7.62%), Vitamin B2: 0.12mg (7.31%), Vitamin E: 0.87mg (5.81%), Selenium: 1.18µg (1.68%)