



WHATSheATE



Sesame Shrimp Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups carrots shredded
- ☐ 2 teaspoons sriracha divided (such as Lee Kum Kee)
- ☐ 2 teaspoons sesame oil dark divided
- ☐ 1.5 teaspoons fish sauce
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons juice of lime fresh divided

- ☐ 5 cups napa cabbage shredded chinese ()
- ☐ 1 tablespoon orange marmalade
- ☐ 0.5 teaspoon salt divided
- ☐ 2 tablespoons sesame seed toasted
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon water
- ☐ 1.5 cups watercress leaves trimmed

Equipment

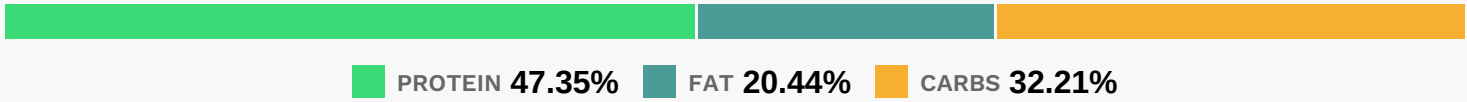
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Combine sugar, 2 tablespoons juice, 1 tablespoon water, and garlic in a small microwave-safe bowl; cover with plastic wrap. Microwave at HIGH 40 seconds or until sugar dissolves. Cool. Stir in 1 teaspoon chili garlic sauce, fish sauce, and 1/4 teaspoon salt.
- ☐ Combine remaining 1 tablespoon juice, remaining 1 teaspoon chili garlic sauce, remaining 1/4 teaspoon salt, marmalade, and 1 teaspoon oil in a large bowl, stirring with a whisk.
- ☐ Add shrimp to bowl; toss to coat. Marinate shrimp in refrigerator 15 minutes, tossing occasionally.
- ☐ Remove shrimp from bowl, reserving marinade. Thread 3 shrimp onto each of 8 (8-inch) wooden skewers.
- ☐ Heat remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat.

- ☐ Add shrimp skewers and reserved marinade to pan; cook 3 1/2 minutes or until shrimp is done and glazed, turning once.
- ☐ Combine cabbage and remaining ingredients in a large bowl.
- ☐ Drizzle fish sauce mixture over cabbage mixture; toss well to coat. Arrange 2 cups cabbage mixture onto each of 4 plates; top each serving with 2 skewers.

Nutrition Facts



Properties

Glycemic Index:69.48, Glycemic Load:4.5, Inflammation Score:-10, Nutrition Score:21.761304521042%

Flavonoids

Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 207.67kcal (10.38%), Fat: 4.95g (7.61%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 17.54g (5.85%), Net Carbohydrates: 13.98g (5.08%), Sugar: 10.37g (11.52%), Cholesterol: 182.57mg (60.86%), Sodium: 777.56mg (33.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.55%), Vitamin A: 8986.53IU (179.73%), Vitamin K: 83.45µg (79.48%), Vitamin C: 39.38mg (47.73%), Copper: 0.7mg (34.98%), Phosphorus: 326.29mg (32.63%), Manganese: 0.49mg (24.38%), Folate: 97.04µg (24.26%), Calcium: 231.99mg (23.2%), Potassium: 792.77mg (22.65%), Magnesium: 83.03mg (20.76%), Vitamin B6: 0.36mg (18.25%), Zinc: 2.25mg (15.01%), Fiber: 3.55g (14.22%), Iron: 1.9mg (10.56%), Vitamin B1: 0.12mg (8.11%), Vitamin B2: 0.12mg (6.96%), Vitamin B3: 1.21mg (6.06%), Vitamin E: 0.66mg (4.39%), Selenium: 2.49µg (3.56%), Vitamin B5: 0.31mg (3.14%)