



## Sesame Singapore Shrimp Salad

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 0.7 cup salad dressing toasted
- 0.5 teaspoon pepper red crushed
- 2 cups coleslaw mix
- 1.5 cups shrimp cooked peeled coarsely chopped
- 0.3 cup chop roasted peanuts dry chopped
- 0.3 cup basil finely chopped
- 1 mangos peeled cut into 1/2-inch cubes (1 cup)

- 1 spring onion chopped
- 1 serving sesame seeds black

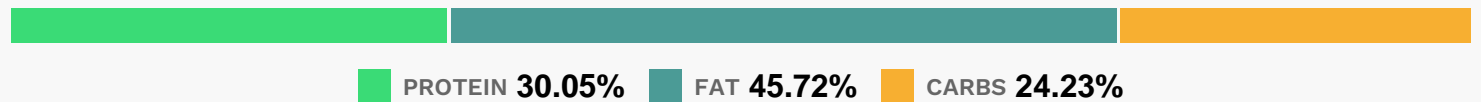
## Equipment

- bowl
- sauce pan

## Directions

- Empty Pasta mix into 3–quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- Meanwhile, in large bowl, stir together seasoning mix, salad dressing and pepper flakes.
- Add coleslaw, shrimp, peanuts, basil leaves, mango and green onion; toss gently to coat.
- Drain pasta; rinse with cold water. Shake to drain well. Stir pasta into salad mixture.
- Sprinkle with sesame seeds.
- Serve immediately, or cover and refrigerate until serving.

## Nutrition Facts



## Properties

Glycemic Index:58.19, Glycemic Load:4.23, Inflammation Score:-7, Nutrition Score:14.14217387075%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 278.58kcal (13.93%), Fat: 14.66g (22.55%), Saturated Fat: 2.18g (13.59%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 14.55g (5.29%), Sugar: 13.01g (14.46%), Cholesterol: 142.84mg (47.61%), Sodium: 548.22mg

(23.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.67g (43.34%), Vitamin K: 63.41µg (60.39%), Vitamin C: 32.65mg (39.57%), Copper: 0.55mg (27.55%), Phosphorus: 261.39mg (26.14%), Manganese: 0.4mg (20.04%), Magnesium: 68.03mg (17.01%), Vitamin A: 793.6IU (15.87%), Potassium: 500.56mg (14.3%), Vitamin E: 1.97mg (13.11%), Folate: 51.83µg (12.96%), Zinc: 1.78mg (11.83%), Fiber: 2.93g (11.7%), Calcium: 112.24mg (11.22%), Vitamin B6: 0.2mg (9.95%), Vitamin B3: 1.98mg (9.89%), Iron: 1.39mg (7.73%), Vitamin B1: 0.08mg (5.1%), Selenium: 2.83µg (4.05%), Vitamin B2: 0.06mg (3.7%), Vitamin B5: 0.32mg (3.16%)