



Sesame Singapore Shrimp Salad

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.7 cup salad dressing toasted
- 0.3 cup basil finely chopped
- 4 servings sesame seeds black
- 2 cups coleslaw mix
- 0.3 cup chop roasted peanuts dry chopped
- 1 spring onion chopped
- 1 mangos peeled cut into 1/2-inch cubes (1 cup)
- 1 box ranch & bacon pasta salad mix betty suddenly salad®

- 0.5 teaspoon pepper red crushed
- 1.5 cups shrimp cooked peeled coarsely chopped

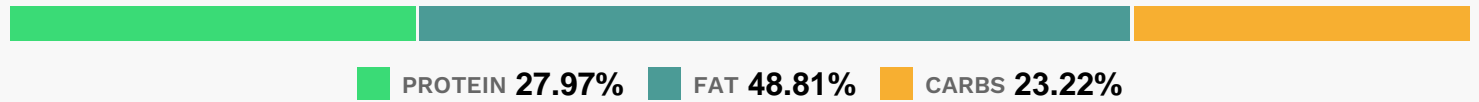
Equipment

- 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:4.48, Inflammation Score:-7, Nutrition Score:16.680434786755%

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: 312.96kcal (15.65%), Fat: 17.64g (27.13%), Saturated Fat: 2.59g (16.2%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 15.25g (5.54%), Sugar: 13.03g (14.48%), Cholesterol: 142.84mg (47.61%), Sodium: 548.88mg

(23.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.74g (45.47%), Vitamin K: 63.41µg (60.39%), Copper: 0.8mg (39.79%), Vitamin C: 32.65mg (39.57%), Phosphorus: 299.13mg (29.91%), Manganese: 0.55mg (27.42%), Magnesium: 89.09mg (22.27%), Calcium: 170.74mg (17.07%), Vitamin A: 794.14IU (15.88%), Potassium: 528.64mg (15.1%), Zinc: 2.24mg (14.93%), Fiber: 3.63g (14.53%), Folate: 57.65µg (14.41%), Vitamin E: 1.98mg (13.21%), Iron: 2.26mg (12.58%), Vitamin B6: 0.25mg (12.32%), Vitamin B3: 2.25mg (11.24%), Vitamin B1: 0.12mg (8.27%), Selenium: 4.9µg (6.99%), Vitamin B2: 0.08mg (4.58%), Vitamin B5: 0.32mg (3.19%)