



Shrimp-and-Asparagus Salad with Orange-Miso Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 pounds asparagus cut into 2-inch pieces
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup orange juice fresh (1 orange)
- ☐ 2 teaspoons orange rind grated
- ☐ 0.8 cup bell pepper red chopped
- ☐ 1 tablespoon rice vinegar
- ☐ 1 pound shrimp deveined peeled (20 shrimp)

- ☐ 2 tablespoons vegetable oil
- ☐ 6 cups water
- ☐ 0.3 cup miso yellow (soybean paste)

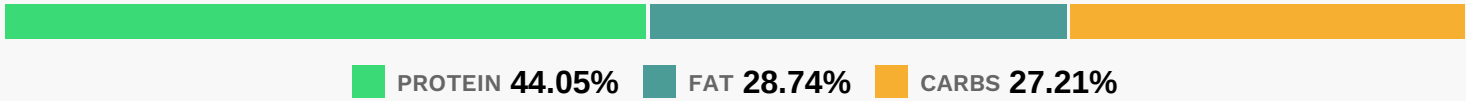
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Bring the water to a boil in a large saucepan.
- ☐ Add asparagus; cook 4 minutes or until crisp-tender.
- ☐ Remove with a slotted spoon. Plunge into ice water, and drain.
- ☐ Add the shrimp to boiling water; cook 3 minutes or until shrimp are done.
- ☐ Drain and plunge into ice water; drain.
- ☐ Place the asparagus, shrimp, and bell pepper in a large bowl; chill.
- ☐ Combine miso and lemon juice; stir with a whisk until smooth.
- ☐ Add orange rind and the remaining ingredients; stir well.
- ☐ Pour over asparagus mixture; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:5.39, Inflammation Score:-9, Nutrition Score:28.73217402269%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg,

Naringenin: 0.77mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 31.88mg, Quercetin: 31.88mg, Quercetin: 31.88mg, Quercetin: 31.88mg

Nutrients (% of daily need)

Calories: 260.44kcal (13.02%), Fat: 8.85g (13.61%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 12.38g (4.5%), Sugar: 9.3g (10.33%), Cholesterol: 182.57mg (60.86%), Sodium: 799.93mg (34.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.03%), Vitamin K: 113.29µg (107.89%), Vitamin C: 68.22mg (82.69%), Vitamin A: 2670.91IU (53.42%), Copper: 1.02mg (51.09%), Phosphorus: 401.44mg (40.14%), Folate: 145.15µg (36.29%), Iron: 6.07mg (33.72%), Manganese: 0.58mg (29.11%), Potassium: 924.47mg (26.41%), Fiber: 6.47g (25.87%), Vitamin B1: 0.39mg (25.81%), Vitamin E: 3.59mg (23.92%), Vitamin B2: 0.39mg (23.23%), Magnesium: 90.71mg (22.68%), Zinc: 3.31mg (22.08%), Vitamin B6: 0.34mg (16.97%), Calcium: 155.11mg (15.51%), Vitamin B3: 2.79mg (13.94%), Selenium: 6.52µg (9.31%), Vitamin B5: 0.84mg (8.42%)