



Shrimp and Black-Eyed Pea Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



490 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 31 oz black-eyed peas drained and rinsed canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 ribs celery diced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon paprika

- ☐ 5 cups romaine lettuce shredded
- ☐ 0.5 teaspoon salt
- ☐ 2 scallions light white green chopped
- ☐ 1 pound shrimp cooked peeled

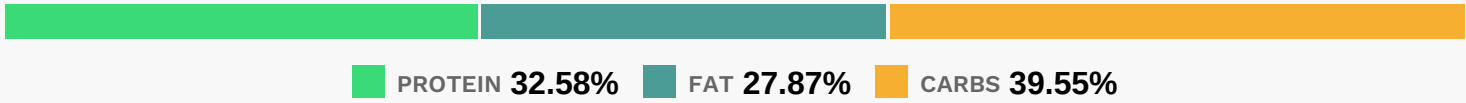
Equipment

- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ In a medium mixing bowl, whisk together oil, lemon juice, salt, paprika, thyme, garlic and cayenne. Stir in black-eyed peas, shrimp, scallions and celery.
- ☐ Arrange lettuce on 4 serving plates. Top each portion with shrimp mixture and serve.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:13.06, Inflammation Score:-10, Nutrition Score:35.003913008648%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 489.64kcal (24.48%), Fat: 15.55g (23.92%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 33.44g (12.16%), Sugar: 8.6g (9.55%), Cholesterol: 182.57mg (60.86%), Sodium: 456.92mg (19.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.9g (81.79%), Folate: 550.21µg (137.55%), Vitamin A: 5480.05IU (109.6%), Vitamin K: 92.81µg (88.39%), Fiber: 16.21g (64.86%), Phosphorus: 613.62mg (61.36%), Manganese: 1.22mg (61.2%), Copper: 1.08mg (53.96%), Magnesium: 169.42mg (42.35%), Iron: 7.13mg (39.59%), Vitamin B1: 0.5mg (33.26%), Potassium: 1145.46mg (32.73%), Zinc: 4.58mg (30.5%), Vitamin E: 2.86mg (19.04%), Calcium: 161.19mg (16.12%), Vitamin B6: 0.3mg (15.02%), Vitamin B2: 0.18mg (10.75%), Vitamin B5: 1.06mg

(10.59%), Vitamin C: 8.04mg (9.75%), Selenium: 5.97µg (8.53%), Vitamin B3: 1.42mg (7.09%)