



Shrimp-and-Boston-Lettuce Salad with Garlic, Anchovy, and Mint Dressing



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 fillet anchovy
- ☐ 2.5 quarts boston lettuce ()
- ☐ 1 cup mint leaves fresh packed
- ☐ 2 cloves garlic
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.3 cup juice of lemon (from 1 lemon)
- ☐ 0.5 lemon zest grated

- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp shelled

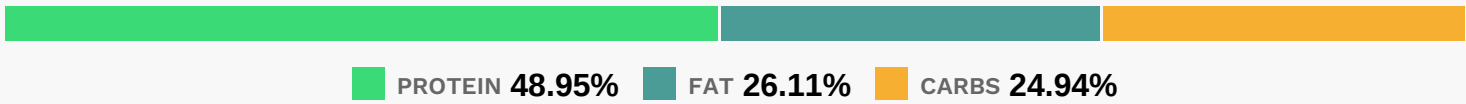
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ grill

Directions

- ☐ In a blender, combine the anchovies, garlic, and lemon zest. Pulse to chop.
- ☐ Add the mint, oil, lemon juice, salt, and pepper and blend until smooth.
- ☐ In a large pot of boiling, salted water, cook the shrimp until they just turn pink, 2 to 3 minutes.
- ☐ Drain the shrimp and transfer them to a medium glass or stainless-steel bowl. Toss the shrimp with half the dressing.
- ☐ Put the lettuce in a large glass or stainless-steel bowl and toss with the remaining dressing.
- ☐ Put the greens on plates; top with the shrimp.
- ☐ Variations:: Grill the shrimp instead of boiling them. Large shrimp will need about three minutes per side.: Substitute large sea scallops, either grilled or sauted, for the shrimp.
- ☐ Wine Recommendation: The refreshing flavor of this salad requires a similarly refreshing wine. For a nice, cool accompaniment, choose a light, herbal sauvignon blanc from Italy's Alto Adige or Collio regions.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:35.548260693965%

Flavonoids

Eriodictyol: 4.22mg, Eriodictyol: 4.22mg, Eriodictyol: 4.22mg, Eriodictyol: 4.22mg Hesperetin: 3.35mg, Hesperetin: 3.35mg, Hesperetin: 3.35mg, Hesperetin: 3.35mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.23mg, Quercetin: 16.23mg, Quercetin: 16.23mg, Quercetin: 16.23mg

Nutrients (% of daily need)

Calories: 243.01kcal (12.15%), Fat: 7.73g (11.89%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 9.02g (3.28%), Sugar: 5.99g (6.66%), Cholesterol: 186.17mg (62.06%), Sodium: 465.52mg (20.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.59g (65.19%), Vitamin K: 608.56µg (579.58%), Vitamin A: 20072.52IU (401.45%), Folate: 448.35µg (112.09%), Manganese: 1.28mg (63.81%), Potassium: 1818.76mg (51.96%), Iron: 8.78mg (48.77%), Phosphorus: 460.31mg (46.03%), Vitamin C: 32.8mg (39.76%), Magnesium: 129.66mg (32.42%), Calcium: 321.17mg (32.12%), Fiber: 7.59g (30.38%), Copper: 0.6mg (29.86%), Vitamin B6: 0.54mg (26.77%), Vitamin B2: 0.42mg (24.52%), Vitamin B1: 0.36mg (23.79%), Zinc: 2.96mg (19.73%), Vitamin B3: 3.17mg (15.87%), Vitamin E: 1.9mg (12.69%), Vitamin B5: 1mg (9.97%), Selenium: 5.98µg (8.54%)