



WHATSheATE



Shrimp and Daikon Salad with Ume-Shiso Dressing



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce daikon radish peeled
- ☐ 0.8 teaspoon brown sugar light packed
- ☐ 1.5 teaspoons soy sauce reduced-sodium
- ☐ 3 tablespoons rice wine sweet (Japanese rice wine)
- ☐ 2 tablespoons plums
- ☐ 2.3 teaspoons ume plum vinegar
- ☐ 1.5 tablespoons rice vinegar (not seasoned)

- ☐ 3 tablespoons shiso leaves green finely chopped (9)
- ☐ 0.8 pound shrimp peeled
- ☐ 4.5 tablespoons vegetable oil

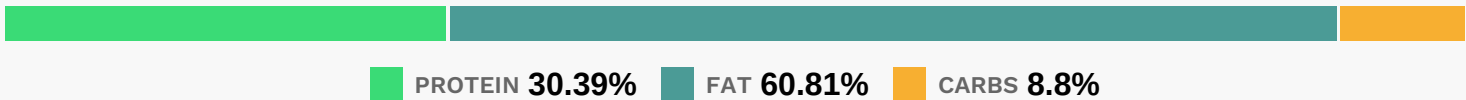
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon
- ☐ grill pan

Directions

- ☐ Using slicer, cut daikon lengthwise into very thin slices (see cooks' note, below). Soak in a bowl of lightly salted cold water, chilled, 30 minutes.
- ☐ While daikon soaks, toss shrimp with oil and 1/8 teaspoon pepper.
- ☐ Heat grill pan over medium-high heat until hot, then cook shrimp, turning once, until just cooked through, 2 to 4 minutes total.
- ☐ Transfer to a plate.
- ☐ Whisk together mirin, vinegars, plum paste, soy sauce, and brown sugar in a medium bowl.
- ☐ Add oil in a slow stream, whisking. Stir in shiso leaves.
- ☐ Stir shrimp into dressing.
- ☐ Drain daikon well. Rinse and pat dry, then divide among 6 plates. Using a slotted spoon, top with shrimp.
- ☐ Serve drizzled with some of remaining dressing.
- ☐ • •Daikon comes in many shapes and sizes; you may have to cut or quarter your piece to get slices about 5 by 1 inch. It can be soaked up to 3 hours. • Shrimp can be cooked 30 minutes ahead and kept at room temperature. • Dressing, without shiso leaves, can be made 3 hours ahead and kept at room temperature. Stir in shiso leaves (and shrimp) just before serving.

Nutrition Facts



Properties

Glycemic Index:20.11, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:4.6991303679736%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 163.26kcal (8.16%), Fat: 10.55g (16.24%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.6g (0.95%), Sugar: 2.16g (2.4%), Cholesterol: 91.29mg (30.43%), Sodium: 510.92mg (22.21%), Alcohol: 1.21g (100%), Alcohol %: 1.12% (100%), Protein: 11.87g (23.73%), Vitamin K: 19.22µg (18.3%), Copper: 0.28mg (14.03%), Phosphorus: 135.7mg (13.57%), Vitamin C: 10.86mg (13.17%), Potassium: 278.35mg (7.95%), Magnesium: 29.15mg (7.29%), Vitamin E: 0.85mg (5.68%), Zinc: 0.85mg (5.65%), Calcium: 50.75mg (5.07%), Folate: 14.03µg (3.51%), Fiber: 0.83g (3.33%), Iron: 0.52mg (2.91%), Manganese: 0.05mg (2.35%), Vitamin B6: 0.03mg (1.27%)