



## Shrimp and Fresh Asparagus Salad

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons olive oil
- 1 lb asparagus trimmed
- 1 medium bell pepper red cut into thin bite-sized strips
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 0.5 cup mayonnaise light
- 1 tablespoon juice of lemon
- 0.3 teaspoon paprika

- 1 garlic clove minced
- 8 oz shrimp shelled deveined cooked
- 4 hardboiled eggs quartered

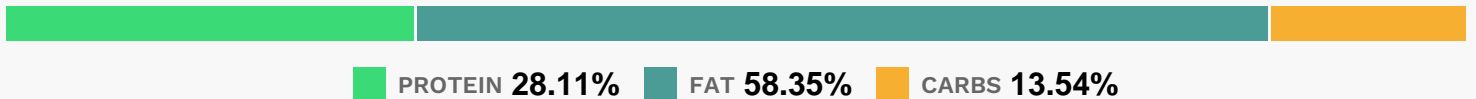
## Equipment

- bowl
- frying pan

## Directions

- Heat oil in large skillet over medium-high heat until hot.
- Add asparagus and bell pepper; sprinkle with salt and pepper. Cook 6 to 8 minutes or until asparagus is crisp-tender, stirring frequently. Cool slightly.
- Meanwhile, in small bowl, combine mayonnaise, lemon juice, paprika and garlic; blend well.
- To assemble salads, arrange asparagus and bell pepper on individual salad plates. Spoon mayonnaise mixture over each salad. Top each evenly with shrimp and hard-cooked eggs.

## Nutrition Facts



## Properties

Glycemic Index:35.25, Glycemic Load:1.1, Inflammation Score:-9, Nutrition Score:20.682173936263%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.95mg, Quercetin: 15.95mg, Quercetin: 15.95mg, Quercetin: 15.95mg

## Nutrients (% of daily need)

Calories: 287.08kcal (14.35%), Fat: 19.07g (29.33%), Saturated Fat: 3.69g (23.07%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 6.86g (2.49%), Sugar: 5.05g (5.62%), Cholesterol: 282.27mg (94.09%), Sodium: 510.23mg

(22.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.33%), Vitamin K: 68.25µg (65%), Vitamin C: 46.12mg (55.9%), Vitamin A: 2130.56IU (42.61%), Phosphorus: 280.18mg (28.02%), Selenium: 18.89µg (26.98%), Vitamin E: 3.93mg (26.21%), Vitamin B2: 0.44mg (26.16%), Folate: 96.62µg (24.15%), Copper: 0.46mg (22.88%), Iron: 3.57mg (19.85%), Potassium: 523.85mg (14.97%), Vitamin B1: 0.22mg (14.42%), Manganese: 0.27mg (13.47%), Zinc: 2.01mg (13.39%), Vitamin B6: 0.26mg (13.24%), Fiber: 3.09g (12.37%), Magnesium: 45.6mg (11.4%), Vitamin B5: 1.13mg (11.34%), Calcium: 94.57mg (9.46%), Vitamin B12: 0.56µg (9.25%), Vitamin D: 1.1µg (7.33%), Vitamin B3: 1.46mg (7.29%)