



Shrimp and Herb Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup basil leaves fresh coarsely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 5 ounce salad greens mixed (5 cups)
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons oregano leaves fresh coarsely chopped
- ☐ 0.4 teaspoon salt divided
- ☐ 1 pound shrimp deveined peeled

☐ 1 cup baby squash yellow shaved (2 medium)

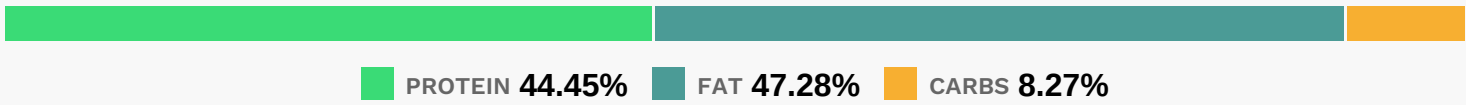
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle shrimp evenly with 1/8 teaspoon salt.
- ☐ Add shrimp to pan; cook 2 minutes on each side or until done.
- ☐ Combine oil, juice, remaining 1/4 teaspoon salt, and pepper in a medium bowl; stir with a whisk.
- ☐ Combine greens, squash, basil, and oregano in a large bowl.
- ☐ Add oil mixture; toss gently to coat. Divide salad mixture evenly among 4 plates; top with shrimp.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.26, Inflammation Score:-9, Nutrition Score:10.114782694889%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 208.33kcal (10.42%), Fat: 11.29g (17.37%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3g (1.09%), Sugar: 0.92g (1.02%), Cholesterol: 182.57mg (60.86%), Sodium: 363.73mg (15.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.89g (47.78%), Vitamin K: 29.14µg (27.75%), Phosphorus:

272.56mg (27.26%), Copper: 0.5mg (25.01%), Vitamin C: 16.25mg (19.7%), Manganese: 0.3mg (14.92%), Magnesium: 56.77mg (14.19%), Potassium: 479.8mg (13.71%), Vitamin E: 2.03mg (13.51%), Calcium: 125.24mg (12.52%), Zinc: 1.76mg (11.74%), Vitamin A: 581.85IU (11.64%), Iron: 1.96mg (10.88%), Folate: 29.77µg (7.44%), Vitamin B6: 0.12mg (6.11%), Fiber: 1.45g (5.81%), Vitamin B2: 0.07mg (4.32%), Vitamin B3: 0.47mg (2.35%), Vitamin B1: 0.03mg (2.07%), Vitamin B5: 0.12mg (1.24%)