



Shrimp and Kiwi Fruit Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 large boston lettuce leaves rinsed
- ☐ 0.5 cup celery thinly sliced
- ☐ 0.5 cup green onions thinly sliced (including tops)
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.7 cup matchstick-size pieces jicama peeled
- ☐ 4 kiwi fruit
- ☐ 2 tablespoons juice of lemon
- ☐ 4 servings lemon wedges

- ☐ 4 servings salt
- ☐ 8 ounces tiny shrimp shelled rinsed cooked drained

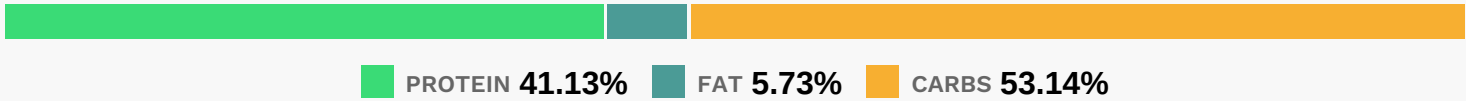
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix 1/4 teaspoon hot sauce, lemon juice, and shrimp.
- ☐ Peel kiwi and slice crosswise 1/4 inch thick.
- ☐ Add kiwi, jicama, celery, and green onions to bowl; mix gently.
- ☐ Place a lettuce leaf on each plate. Spoon shrimp mixture equally onto leaves.
- ☐ Place lemon wedges alongside.
- ☐ Add juice from lemon wedges, more hot sauce, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:39.29, Glycemic Load:5.66, Inflammation Score:-7, Nutrition Score:14.709999874882%

Flavonoids

Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg
Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg
Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg
Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg
Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg
Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg
Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg
Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 118.89kcal (5.94%), Fat: 0.81g (1.24%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 12.36g (4.49%), Sugar: 9.39g (10.43%), Cholesterol: 91.29mg (30.43%), Sodium: 286.23mg (12.44%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.15%), Vitamin C: 79.27mg (96.08%), Vitamin K: 81.66µg (77.77%), Copper: 0.37mg (18.65%), Fiber: 4.53g (18.14%), Phosphorus: 169.57mg (16.96%), Vitamin A: 762.91IU (15.26%), Potassium: 474.9mg (13.57%), Folate: 51.38µg (12.84%), Magnesium: 43.39mg (10.85%), Vitamin E: 1.43mg (9.5%), Manganese: 0.18mg (9.13%), Calcium: 90.89mg (9.09%), Zinc: 1.02mg (6.81%), Iron: 1.05mg (5.86%), Vitamin B6: 0.1mg (4.93%), Vitamin B2: 0.06mg (3.36%), Vitamin B1: 0.05mg (3.28%), Vitamin B3: 0.55mg (2.74%), Vitamin B5: 0.27mg (2.71%)