



Shrimp and Kiwi Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



294 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon green onions chopped
- ☐ 1 cup kiwifruit cubed peeled 3 kiwifruit
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 1 tablespoon olive oil divided

- ☐ 2 cups torn leaf lettuce leaves red
- ☐ 1 tablespoon rice vinegar
- ☐ 0.1 teaspoon salt
- ☐ 0.8 pound shrimp deveined peeled

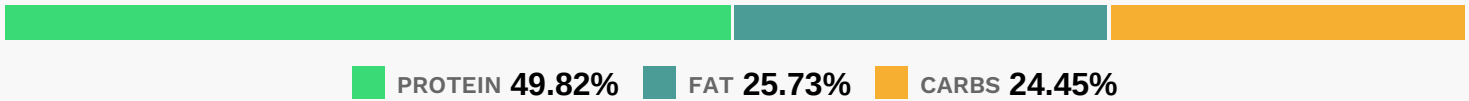
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp; saut 4 minutes or until done.
- ☐ Remove from heat.
- ☐ Combine 2 teaspoons oil, onions, and next 7 ingredients (onions through black pepper) in a bowl.
- ☐ Add shrimp; toss to coat. Spoon mixture over lettuce; top with kiwi.

Nutrition Facts



Properties

Glycemic Index:115.33, Glycemic Load:5.21, Inflammation Score:-10, Nutrition Score:28.639565198318%

Flavonoids

Cyanidin: 7.43mg, Cyanidin: 7.43mg, Cyanidin: 7.43mg, Cyanidin: 7.43mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg 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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 18.51mg, Quercetin: 18.51mg, Quercetin: 18.51mg, Quercetin: 18.51mg

Nutrients (% of daily need)

Calories: 293.84kcal (14.69%), Fat: 8.81g (13.56%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 13.85g (5.03%), Sugar: 9.32g (10.36%), Cholesterol: 273.86mg (91.29%), Sodium: 414.45mg (18.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.4g (76.8%), Vitamin K: 378.32µg (360.31%), Vitamin A: 17887.57IU (357.75%), Vitamin C: 78.02mg (94.57%), Phosphorus: 463.67mg (46.37%), Copper: 0.86mg (42.95%), Manganese: 0.65mg (32.65%), Potassium: 1090.18mg (31.15%), Folate: 111.11µg (27.78%), Magnesium: 103.88mg (25.97%), Iron: 4.07mg (22.63%), Calcium: 223.19mg (22.32%), Fiber: 5g (20%), Zinc: 2.9mg (19.36%), Vitamin E: 2.6mg (17.35%), Vitamin B6: 0.3mg (14.95%), Vitamin B2: 0.21mg (12.34%), Vitamin B1: 0.18mg (11.98%), Vitamin B3: 1.13mg (5.67%), Selenium: 3.83µg (5.47%), Vitamin B5: 0.52mg (5.2%)