



Shrimp-and-Orzo Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon basil dried
- 0.3 cup parsley fresh chopped
- 1 teaspoon olive oil
- 0.5 teaspoon oregano dried
- 1 cup orzo pasta) (rice-shaped uncooked
- 1 cup peas green frozen thawed
- 0.3 teaspoon pepper
- 0.5 cup purple onion finely chopped

- 0.3 cup red wine vinegar
- 0.5 teaspoon salt
- 1 pound shrimp cooked peeled
- 2 cups tomatoes diced seeded

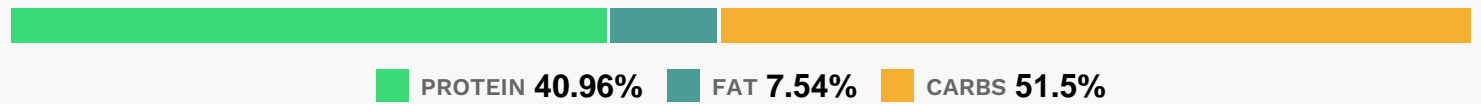
Equipment

- bowl

Directions

- Combine first 6 ingredients in a large bowl. Stir well; set aside.
- Cook orzo according to package directions, omitting salt and fat.
- Drain well.
- Add orzo and remaining ingredients to vinegar mixture, and toss well. Cover and chill.
- Serve in a lettuce-lined bowl, if desired.

Nutrition Facts



Properties

Glycemic Index:55.08, Glycemic Load:13.88, Inflammation Score:-8, Nutrition Score:19.493043495261%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 301.82kcal (15.09%), Fat: 2.51g (3.87%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 33.79g (12.29%), Sugar: 5.91g (6.57%), Cholesterol: 182.57mg (60.86%), Sodium: 438.21mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.74g (61.47%), Vitamin K: 83.14µg (79.18%), Phosphorus: 381.4mg (38.14%), Vitamin C: 31.28mg (37.92%), Manganese: 0.71mg (35.47%), Selenium: 24.48µg (34.97%), Copper: 0.68mg (34.18%), Vitamin A: 1220.99IU (24.42%), Magnesium: 87.07mg (21.77%), Potassium:

717.21mg (20.49%), Fiber: 4.86g (19.42%), Zinc: 2.73mg (18.21%), Iron: 2.51mg (13.96%), Folate: 52.38µg (13.09%), Calcium: 118.27mg (11.83%), Vitamin B1: 0.17mg (11.4%), Vitamin B6: 0.21mg (10.39%), Vitamin B3: 1.94mg (9.68%), Vitamin B2: 0.1mg (5.77%), Vitamin E: 0.74mg (4.94%), Vitamin B5: 0.31mg (3.11%)