



Shrimp and Orzo Salad

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 cup celery thinly sliced
- ☐ 0.3 cup cucumber diced peeled seeded
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 0.1 teaspoon ground pepper white
- ☐ 1 lemon half
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons mayonnaise reduced-calorie

- ☐ 0.3 cup orzo pasta uncooked
- ☐ 2 tablespoons bell pepper sweet red chopped
- ☐ 2 cups romaine lettuce shredded
- ☐ 0.1 teaspoon salt
- ☐ 12 ounces shrimp fresh unpeeled
- ☐ 3 cups water

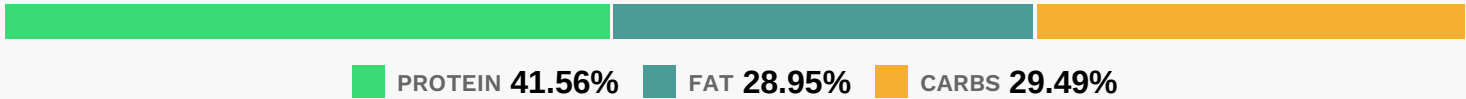
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Peel and devein shrimp.
- ☐ Combine water, lemon half, and bay leaf in a Dutch oven; bring to a boil.
- ☐ Add shrimp, and cook 3 to 5 minutes or until shrimp turns pink.
- ☐ Drain well; rinse with cold water. Chill. Discard lemon half and bay leaf.
- ☐ Cook orzo according to package instructions, omitting salt and fat.
- ☐ Drain; rinse with cold water, and drain.
- ☐ Combine shrimp, orzo, cucumber, and next 7 ingredients in a bowl; toss gently. Cover and chill thoroughly.
- ☐ Place 1 cup shredded lettuce on each of 2 salad plates. Spoon chilled shrimp mixture evenly over lettuce.

Nutrition Facts



Properties

Glycemic Index:114.25, Glycemic Load:8.75, Inflammation Score:-10, Nutrition Score:23.365217300861%

Flavonoids

Eriodictyol: 11.9mg, Eriodictyol: 11.9mg, Eriodictyol: 11.9mg, Eriodictyol: 11.9mg Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 367.12kcal (18.36%), Fat: 12.14g (18.68%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 23.75g (8.63%), Sugar: 3.85g (4.28%), Cholesterol: 279.74mg (93.25%), Sodium: 472.71mg (20.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.22g (78.44%), Vitamin A: 4541.87IU (90.84%), Vitamin K: 89.19µg (84.94%), Vitamin C: 47.58mg (57.68%), Phosphorus: 450.14mg (45.01%), Copper: 0.87mg (43.43%), Selenium: 16.66µg (23.8%), Magnesium: 94.36mg (23.59%), Folate: 92.43µg (23.11%), Potassium: 805.48mg (23.01%), Manganese: 0.44mg (21.77%), Zinc: 2.94mg (19.58%), Calcium: 169.84mg (16.98%), Fiber: 4.08g (16.3%), Iron: 2.27mg (12.6%), Vitamin B6: 0.17mg (8.52%), Vitamin B1: 0.1mg (6.6%), Vitamin E: 0.86mg (5.74%), Vitamin B2: 0.09mg (5.11%), Vitamin B5: 0.43mg (4.29%), Vitamin B3: 0.81mg (4.03%)