



WHATSheATE



Shrimp and Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 0.3 cup wine dry white
- ☐ 6 basil fresh thinly sliced
- ☐ 10 servings kosher salt
- ☐ 5 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.7 pounds plum tomatoes quartered
- ☐ 4 ounces onion red thinly sliced into rings
- ☐ 5 tablespoons red wine vinegar

- ☐ 1.8 pounds baking potatoes unpeeled
- ☐ 1 pound shrimp deveined cooked peeled cut into 3/4" pieces

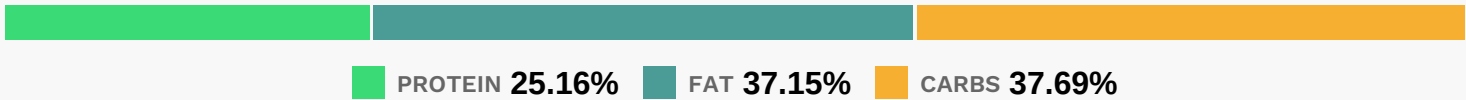
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ kitchen towels

Directions

- ☐ Place sliced onion in a strainer and rinse under cold water for 20 seconds; drain. transfer onion to a large bowl; add vinegar and toss to coat. Set aside.
- ☐ Meanwhile, boil potatoes in a medium pot of lightly salted water until tender, about 45 minutes.
- ☐ Drain.
- ☐ Let cool slightly. Using a kitchen towel, rub skins off potatoes.
- ☐ Cut potatoes into 3/4" pieces and transfer to a medium bowl; drizzle wine over. Season with salt and pepper and gently toss to combine; set aside.
- ☐ Add shrimp, tomatoes, and oil to bowl with onions. Season with salt and pepper and toss gently to incorporate.
- ☐ Let sit for 5 minutes until flavors meld.
- ☐ Add basil, toss gently, and serve.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:11.86, Inflammation Score:-4, Nutrition Score:6.9395652050557%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 179.77kcal (8.99%), Fat: 7.37g (11.34%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 15.21g (5.53%), Sugar: 1.83g (2.03%), Cholesterol: 73.03mg (24.34%), Sodium: 254.77mg (11.08%), Alcohol: 0.62g (100%), Alcohol %: 0.42% (100%), Protein: 11.23g (22.46%), Vitamin B6: 0.32mg (15.77%), Potassium: 548.31mg (15.67%), Phosphorus: 153.25mg (15.32%), Copper: 0.28mg (14.24%), Vitamin C: 9.59mg (11.62%), Manganese: 0.22mg (10.76%), Magnesium: 39.82mg (9.96%), Vitamin K: 9.26µg (8.82%), Vitamin E: 1.18mg (7.9%), Fiber: 1.62g (6.47%), Iron: 1.13mg (6.29%), Zinc: 0.92mg (6.15%), Vitamin B1: 0.08mg (5.47%), Vitamin A: 266.12IU (5.32%), Vitamin B3: 1.02mg (5.12%), Calcium: 47.03mg (4.7%), Folate: 18.04µg (4.51%), Vitamin B5: 0.28mg (2.84%), Vitamin B2: 0.04mg (2.13%)