



Shrimp and Snow Pea Salad

 **Gluten Free**  **Dairy Free**

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READY IN

ready

24 min.

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SERVINGS

servings

4

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CALORIES

calories

251 kcal

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SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon ginger fresh grated
- ☐ 6 radishes thinly sliced into half-moons
- ☐ 0.3 cup rice vinegar
- ☐ 4 servings salt
- ☐ 4 scallions thinly sliced
- ☐ 1 tablespoon sesame oil toasted
- ☐ 2 tablespoons sesame seed toasted

- ☐ 1.3 pounds shrimp deveined peeled
- ☐ 12 ounces snow peas

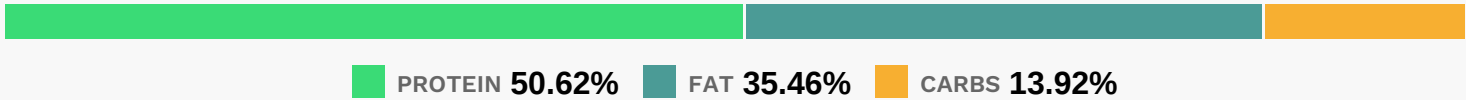
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ steamer basket

Directions

- ☐ Bring a large saucepan of water with a steamer basket to a boil.
- ☐ Put the snow peas in the basket, cover and cook for 2 minutes.
- ☐ Remove the basket and transfer the snow peas to a bowl of ice water to cool.
- ☐ Drain and pat dry.
- ☐ Add the shrimp directly to the saucepan of water and return to a boil; cook for 2 minutes.
- ☐ Drain, then plunge the shrimp into a bowl of ice water to cool.
- ☐ Drain and pat dry.
- ☐ Slice each shrimp in half lengthwise.
- ☐ Cut the snow peas diagonally into 1/2-inch pieces, discarding the ends. In a large bowl, toss the shrimp, snow peas, radishes and scallions.
- ☐ In a small bowl, whisk the vinegar, both oils, the ginger and 1/2 teaspoon salt. Toss with the salad right before serving; top with sesame seeds.
- ☐ Photography by Lara Robby

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.43, Inflammation Score:-8, Nutrition Score:17.174347815306%

Flavonoids

Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 251.03kcal (12.55%), Fat: 9.92g (15.26%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 5.64g (2.05%), Sugar: 3.84g (4.27%), Cholesterol: 228.21mg (76.07%), Sodium: 371.22mg (16.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.87g (63.75%), Vitamin C: 54.26mg (65.77%), Vitamin K: 49.15µg (46.81%), Copper: 0.8mg (40.15%), Phosphorus: 380.66mg (38.07%), Magnesium: 88.03mg (22.01%), Vitamin A: 1044.9IU (20.9%), Manganese: 0.39mg (19.61%), Iron: 3.3mg (18.36%), Calcium: 178.1mg (17.81%), Potassium: 617.86mg (17.65%), Zinc: 2.51mg (16.74%), Fiber: 3.13g (12.51%), Folate: 48.97µg (12.24%), Vitamin B1: 0.17mg (11.13%), Vitamin B6: 0.18mg (9.1%), Vitamin E: 1.07mg (7.16%), Vitamin B5: 0.66mg (6.62%), Vitamin B2: 0.09mg (5.32%), Vitamin B3: 0.78mg (3.91%), Selenium: 2.2µg (3.14%)