



## Shrimp and Vegetable Salad with Roasted-Tomato Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 4 cups arugula fresh
- ☐ 1 tablespoons champagne vinegar
- ☐ 2.3 cups cherry tomatoes halved
- ☐ 2.3 cups regular corn fresh
- ☐ 3 large heirloom tomatoes halved
- ☐ 0.3 cup olive oil for brushing (plus some )
- ☐ 2.3 cups bell peppers diced red

- ☐ 1.5 teaspoons shallots    diced finely
- ☐ 1 pound shrimp    cooked
- ☐ 2.3 cups turtle beans    green yellow cut into 1/2-inch pieces

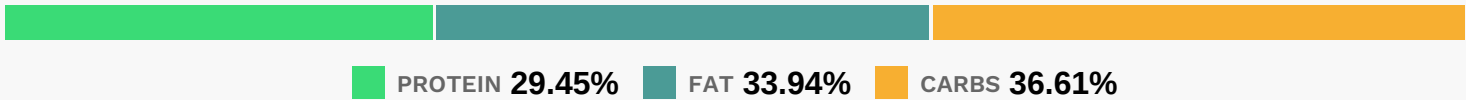
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat oven to 350°F.
- ☐ Place tomatoes on a baking sheet with sides; brush lightly with oil. Roast 20 minutes; purée in a blender; strain. Refrigerate puree until cool, about 30 minutes.
- ☐ Combine next 6 ingredients in a bowl; toss.
- ☐ Add vinegar to purée; whisk in remaining oil and shallot.
- ☐ Pour 1/2 cup vinaigrette on salad; toss. Divide among 4 bowls. Season with salt and pepper.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:4.4, Inflammation Score:-10, Nutrition Score:30.846956564033%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

0.19mg, Myricetin: 0.19mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 401.48kcal (20.07%), Fat: 16.19g (24.92%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 31.34g (11.39%), Sugar: 14.77g (16.41%), Cholesterol: 182.57mg (60.86%), Sodium: 180.62mg (7.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.62g (63.24%), Vitamin C: 181.66mg (220.2%), Vitamin A: 4798.21IU (95.96%), Folate: 256.92µg (64.23%), Phosphorus: 455mg (45.5%), Vitamin K: 47.41µg (45.16%), Potassium: 1558.69mg (44.53%), Copper: 0.75mg (37.72%), Magnesium: 148.12mg (37.03%), Fiber: 7.96g (31.82%), Vitamin E: 4.62mg (30.79%), Manganese: 0.58mg (28.8%), Vitamin B6: 0.51mg (25.62%), Iron: 4.17mg (23.17%), Zinc: 3.08mg (20.56%), Calcium: 195.47mg (19.55%), Vitamin B3: 3.58mg (17.92%), Vitamin B1: 0.26mg (17.44%), Vitamin B5: 1.17mg (11.7%), Vitamin B2: 0.18mg (10.46%), Selenium: 1.06µg (1.52%)