



Shrimp Barbara

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 cups d cabbage-and-carrot coleslaw
- 2 tablespoons cilantro leaves fresh chopped
- 3 garlic cloves minced
- 1 pound shrimp deveined peeled
- 1 cup thousand island dressing reduced-fat
- 0.5 cup water

Equipment

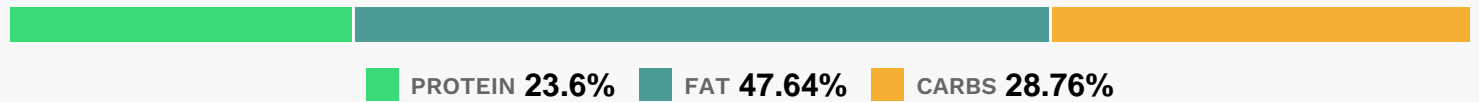
- frying pan

sauce pan

Directions

- Combine the salad dressing and water in a small saucepan. Cook over medium heat for 3 minutes or until thoroughly heated; remove from heat.
- Heat a medium nonstick skillet coated with cooking spray over medium heat.
- Add the minced garlic, and cook for 1 minute.
- Add the shrimp, and cook for 3 minutes or until done.
- Remove shrimp mixture from heat, and stir in the dressing mixture.
- Arrange 1 3/4 cups coleslaw on each of 4 plates. Spoon 3/4 cup shrimp mixture over coleslaw, and sprinkle evenly with cilantro.

Nutrition Facts



Properties

Glycemic Index:27.21, Glycemic Load:7.32, Inflammation Score:-10, Nutrition Score:23.65652179718%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 428.5kcal (21.43%), Fat: 23.07g (35.49%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 24.51g (8.91%), Sugar: 20.14g (22.38%), Cholesterol: 198.82mg (66.27%), Sodium: 892.71mg (38.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.41%), Vitamin A: 37567.02IU (751.34%), Vitamin B1: 1.05mg (70.16%), Vitamin K: 73.41µg (69.92%), Phosphorus: 341.49mg (34.15%), Potassium: 1093.11mg (31.23%), Copper: 0.56mg (27.8%), Fiber: 6.82g (27.3%), Vitamin E: 3.99mg (26.57%), Manganese: 0.42mg (21.06%), Magnesium: 72.48mg (18.12%), Vitamin C: 13.97mg (16.94%), Vitamin B6: 0.34mg (16.87%), Calcium: 162.21mg (16.22%), Zinc: 2.25mg (15%), Vitamin B3: 2.48mg (12.41%), Iron: 2.04mg (11.34%), Folate: 42.75µg (10.69%), Vitamin B2: 0.17mg (9.94%), Vitamin B5: 0.63mg (6.26%), Selenium: 1.48µg (2.12%)