



Shrimp Caesar Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



267 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup seasoned croutons fat-free
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons mayonnaise light
- ☐ 1 teaspoon parmesan cheese grated
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 3 tablespoons pinenuts toasted

- ☐ 10 ounce romaine lettuce chopped
- ☐ 1.5 pounds shrimp cooked peeled
- ☐ 0.3 teaspoon sriracha such as huy fong) hot
- ☐ 2 tablespoons water
- ☐ 0.1 teaspoon worcestershire sauce

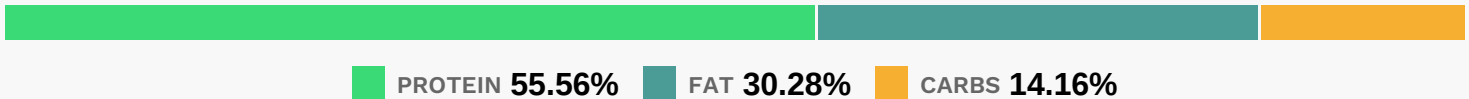
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine mayonnaise and next 7 ingredients (through garlic), stirring with a whisk.
- ☐ To prepare salad, combine croutons, 2 tablespoons cheese, shrimp, and lettuce in a large bowl.
- ☐ Add dressing; toss well to coat. Top with pine nuts.
- ☐ Garnish with chives, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:2.93, Inflammation Score:-10, Nutrition Score:21.086087084011%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 266.74kcal (13.34%), Fat: 9.21g (14.17%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 7.55g (2.75%), Sugar: 1.59g (1.77%), Cholesterol: 278.22mg (92.74%), Sodium: 380.48mg (16.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.02g (76.05%), Vitamin A: 6214.29IU (124.29%), Vitamin K: 80.75µg (76.9%), Phosphorus: 462.81mg (46.28%), Manganese: 0.9mg (45%), Copper: 0.82mg (40.95%), Folate: 108.46µg (27.12%), Magnesium: 92.62mg (23.16%), Zinc: 3.17mg (21.11%), Potassium: 702.16mg (20.06%), Calcium: 175.3mg (17.53%), Iron: 2.3mg (12.76%), Fiber: 2.14g (8.56%), Vitamin B1: 0.12mg (8.01%), Vitamin C: 6.48mg (7.85%), Vitamin E: 0.98mg (6.52%), Selenium: 4.16µg (5.94%), Vitamin B2: 0.1mg (5.66%), Vitamin B3: 0.88mg (4.41%), Vitamin B6: 0.09mg (4.35%), Vitamin B5: 0.19mg (1.85%)