



Shrimp, Chorizo, and Corn Salad



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



285 kcal

SIDE DISH

Ingredients

- ☐ 1.8 ounces chorizo sausage cut spanish thinly sliced
- ☐ 0.5 cup basil fresh divided chopped
- ☐ 2 cups ears corn fresh
- ☐ 2 teaspoons garlic minced
- ☐ 12 grape tomatoes red divided halved
- ☐ 0.3 cup spring onion chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 teaspoons lemon zest grated
- ☐ 1.5 tablespoons olive oil
- ☐ 12 ounces shrimp peeled
- ☐ 1.5 tablespoons sriracha such as huy fong) hot
- ☐ 12 tomatoes yellow divided halved

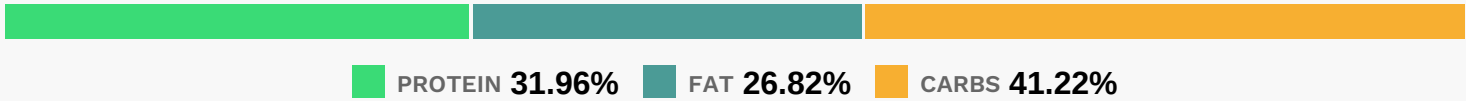
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a large bowl.
- ☐ Add 1/4 cup chopped basil, 12 red tomato halves, and 12 yellow tomato halves; toss shrimp mixture gently to combine.
- ☐ Heat a large skillet over high heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add shrimp mixture to pan, and cook for 4 minutes or until shrimp turn pink, stirring frequently.
- ☐ Place about 1 1/2 cups shrimp mixture in each of 4 shallow bowls, and sprinkle each serving with 1/2 teaspoon grated lemon rind, 1 1/2 teaspoons lemon juice, 6 tomato halves, and 1 tablespoon chopped basil.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:4.58, Inflammation Score:-10, Nutrition Score:26.023043725802%

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: 2.96mg, Naringenin: 2.96mg, Naringenin: 2.96mg, Naringenin: 2.96mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.5mg,

Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 284.9kcal (14.24%), Fat: 9.21g (14.17%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 24.92g (9.06%), Sugar: 16.09g (17.88%), Cholesterol: 145.68mg (48.56%), Sodium: 554.69mg (24.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.39%), Vitamin C: 75.13mg (91.07%), Vitamin A: 3946.99IU (78.94%), Vitamin K: 66.4µg (63.24%), Potassium: 1470mg (42%), Phosphorus: 355.64mg (35.56%), Manganese: 0.7mg (35.1%), Copper: 0.65mg (32.31%), Fiber: 6.93g (27.72%), Magnesium: 107.6mg (26.9%), Folate: 102.79µg (25.7%), Vitamin B6: 0.44mg (22.23%), Vitamin E: 3.17mg (21.1%), Vitamin B3: 3.88mg (19.41%), Vitamin B1: 0.28mg (18.7%), Zinc: 2.27mg (15.16%), Iron: 2.4mg (13.34%), Calcium: 116.82mg (11.68%), Vitamin B5: 0.93mg (9.33%), Vitamin B2: 0.14mg (8.01%), Selenium: 0.72µg (1.03%)