



Shrimp, Crabmeat, and Wild Rice Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



281 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce artichoke hearts halved drained canned
- ☐ 12 servings asparagus chilled steamed
- ☐ 3 heads bibb lettuce
- ☐ 0.3 cup green onions sliced
- ☐ 12 servings herb vinaigrette fresh
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 12 servings garnish: lemon wedges
- ☐ 1 pound lump crab meat drained

- ☐ 18 ounce rice mix long-grain wild
- ☐ 1.5 pounds shrimp fresh unpeeled
- ☐ 12 servings tomatoes sliced
- ☐ 6 cups water

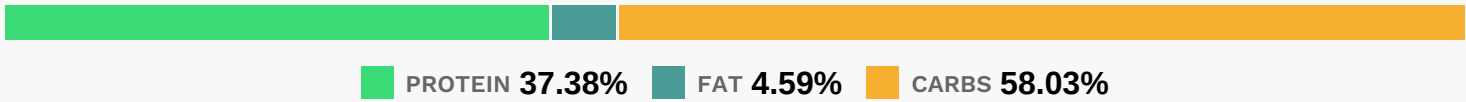
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Cook rice according to package directions, omitting butter. Set aside.
- ☐ Bring 6 cups water to a boil in a Dutch oven; add shrimp, and cook 3 to 5 minutes or just until shrimp turn pink.
- ☐ Drain and rinse with cold water. Peel shrimp, leaving a few tails intact for garnish; devein, if desired.
- ☐ Combine rice, shrimp, crabmeat, and next 2 ingredients in a large bowl; add Fresh Herb Vinaigrette. Toss gently. Cover and chill at least 2 hours.
- ☐ Drizzle with lemon juice.
- ☐ Serve over Bibb lettuce leaves with asparagus and tomato.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15.71, Glycemic Load:18.28, Inflammation Score:-10, Nutrition Score:28.164347855941%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg

Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 281.39kcal (14.07%), Fat: 1.48g (2.28%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 42.15g (14.05%), Net Carbohydrates: 35.84g (13.03%), Sugar: 6.62g (7.35%), Cholesterol: 107.16mg (35.72%), Sodium: 526.27mg (22.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.14g (54.28%), Vitamin K: 69.1µg (65.81%), Vitamin A: 2918.75IU (58.38%), Vitamin B12: 3.4µg (56.7%), Copper: 0.94mg (46.79%), Manganese: 0.93mg (46.58%), Phosphorus: 448.18mg (44.82%), Zinc: 5.99mg (39.91%), Vitamin C: 30.43mg (36.88%), Magnesium: 143.47mg (35.87%), Folate: 118.81µg (29.7%), Potassium: 956.91mg (27.34%), Fiber: 6.3g (25.22%), Vitamin B3: 4.57mg (22.83%), Selenium: 15.28µg (21.83%), Vitamin B6: 0.41mg (20.74%), Iron: 2.78mg (15.45%), Calcium: 116.96mg (11.7%), Vitamin B2: 0.2mg (11.55%), Vitamin E: 1.61mg (10.71%), Vitamin B1: 0.16mg (10.69%), Vitamin B5: 0.83mg (8.28%)