



Shrimp, Cucumber, and Mango Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 bibb lettuce leaves
- ☐ 6 tablespoons dijon mustard
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 1 large mangos pitted peeled cut into 1/2-inch cubes (1 1/2 cups)
- ☐ 6 tablespoons mayonnaise
- ☐ 6 servings pepper sauce hot
- ☐ 4 large pickling cucumbers peeled cut into 1/2-inch cubes (2 cups)
- ☐ 1 pound shrimp cooked

- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons distilled vinegar white

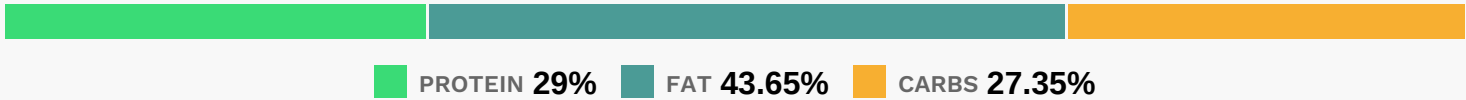
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix vinegar and sugar in small bowl until sugar dissolves.
- ☐ Whisk in mustard and mayonnaise. Cover and chill. (Can be made 1 day ahead. Keep chilled.)
- ☐ Combine cucumbers, mango, shrimp, and dill in large bowl.
- ☐ Pour dressing over; toss to coat. Season with salt and hot pepper sauce. Arrange 2 lettuce leaves on each of 6 plates. Top with shrimp salad.

Nutrition Facts



Properties

Glycemic Index:47.31, Glycemic Load:7.08, Inflammation Score:-8, Nutrition Score:13.871739137432%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 240.25kcal (12.01%), Fat: 11.88g (18.28%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 13.91g (5.06%), Sugar: 13.87g (15.41%), Cholesterol: 127.59mg (42.53%), Sodium: 352.43mg (15.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.76g (35.53%), Vitamin K: 68.63µg (65.36%), Vitamin A: 1536.64IU (30.73%), Copper: 0.49mg (24.31%), Vitamin C: 19.95mg (24.18%), Phosphorus: 235.31mg (23.53%), Potassium: 610.01mg (17.43%), Folate: 64.92µg (16.23%), Magnesium: 63.74mg (15.94%), Manganese: 0.31mg

(15.37%), Fiber: 2.84g (11.35%), Zinc: 1.54mg (10.28%), Calcium: 100.35mg (10.03%), Selenium: 6.07µg (8.67%), Vitamin B6: 0.17mg (8.64%), Iron: 1.52mg (8.43%), Vitamin B1: 0.11mg (7.64%), Vitamin B5: 0.63mg (6.31%), Vitamin E: 0.93mg (6.22%), Vitamin B2: 0.09mg (5.46%), Vitamin B3: 0.49mg (2.47%)