



Shrimp & Feta Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz baby spinach leaves
- 0.3 cup balsamic vinaigrette dressing kraft
- 0.5 cup athenos feta cheese crumbled traditional
- 0.5 cup slivered onions red
- 0.5 lb shrimp cleaned cooked
- 0.3 cup planters slivered almonds toasted
- 2 cups watermelon chopped ()

Equipment

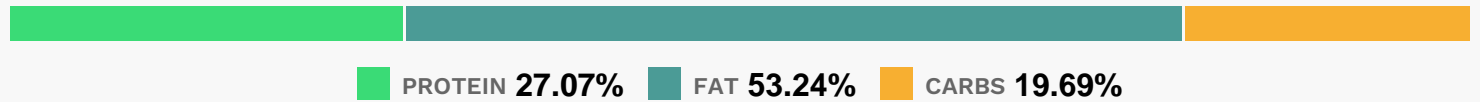
bowl

Directions

Combine all ingredients except dressing in large bowl.

Add dressing; toss to coat.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:1.31, Inflammation Score:-7, Nutrition Score:6.6908695645954%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 66.58kcal (3.33%), Fat: 4.05g (6.24%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.73g (0.99%), Sugar: 1.78g (1.98%), Cholesterol: 28.79mg (9.6%), Sodium: 131.58mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.27%), Vitamin K: 54.9µg (52.29%), Vitamin A: 1199.88IU (24%), Manganese: 0.16mg (8.19%), Phosphorus: 67.2mg (6.72%), Folate: 26.01µg (6.5%), Vitamin C: 5.22mg (6.33%), Magnesium: 22.62mg (5.66%), Calcium: 53.56mg (5.36%), Vitamin B2: 0.09mg (5.29%), Copper: 0.1mg (5.23%), Vitamin E: 0.71mg (4.74%), Potassium: 149.97mg (4.28%), Zinc: 0.49mg (3.28%), Vitamin B6: 0.06mg (3.06%), Iron: 0.55mg (3.03%), Fiber: 0.65g (2.58%), Vitamin B1: 0.03mg (1.96%), Selenium: 1.04µg (1.49%), Vitamin B12: 0.08µg (1.41%), Vitamin B3: 0.24mg (1.2%), Vitamin B5: 0.12mg (1.16%)