



 **73%**
HEALTH SCORE

Shrimp Garden Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



6

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 stalks celery chopped
- 1 cucumber cleaned chopped
- 1 bunch green onions chopped
- 2 bunches radishes sliced
- 1 head romaine lettuce dried rinsed chopped
- 4.5 ounce shrimp drained canned
- 3 tomatoes chopped

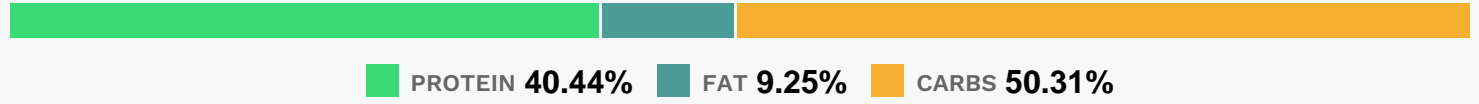
Equipment

bowl

Directions

In a large bowl, combine the Romaine, radishes, green onions, cucumber, tomatoes, celery and shrimp. Toss with favorite salad dressing and serve.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:17.613043440425%

Flavonoids

Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 59.63kcal (2.98%), Fat: 0.68g (1.05%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 4.39g (1.6%), Sugar: 4.22g (4.69%), Cholesterol: 34.23mg (11.41%), Sodium: 60.86mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Vitamin A: 9766.58IU (195.33%), Vitamin K: 129.76µg (123.58%), Folate: 172.04µg (43.01%), Vitamin C: 18.04mg (21.86%), Potassium: 629.46mg (17.98%), Fiber: 3.97g (15.88%), Manganese: 0.31mg (15.69%), Copper: 0.22mg (11.18%), Phosphorus: 111.67mg (11.17%), Magnesium: 39.48mg (9.87%), Vitamin B6: 0.18mg (9.05%), Iron: 1.55mg (8.64%), Vitamin B1: 0.12mg (8.12%), Calcium: 76.23mg (7.62%), Vitamin B2: 0.12mg (6.78%), Zinc: 0.8mg (5.35%), Vitamin B3: 0.84mg (4.19%), Vitamin B5: 0.4mg (4.03%), Vitamin E: 0.56mg (3.72%)