



Shrimp in Melon Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small bitter melon
- ☐ 0.3 cup yogurt plain
- ☐ 2 tablespoons salad dressing
- ☐ 2 teaspoons dill dried fresh chopped
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1 cup cucumber thinly sliced
- ☐ 0.8 pound shrimp frozen thawed cooked

☐ 0.3 cup almonds sliced

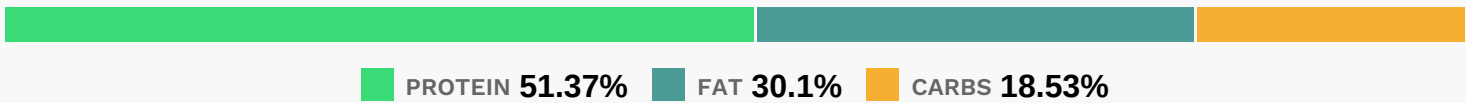
Equipment

☐ bowl

Directions

- ☐ Cut each melon crosswise in half.
- ☐ Remove seeds. Scoop melon from each half, leaving 1-inch rim around the top. Chop melon and drain thoroughly.
- ☐ In large bowl, mix yogurt, mayonnaise, dill weed, sugar and lemon peel. Stir in chopped melon, cucumber and shrimp. Spoon one-fourth shrimp mixture into each melon half.
- ☐ Sprinkle with almonds.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:10.471739193668%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 152.37kcal (7.62%), Fat: 5.25g (8.08%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 4.93g (1.79%), Sugar: 3.91g (4.35%), Cholesterol: 138.15mg (46.05%), Sodium: 189.12mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.36%), Vitamin C: 40.89mg (49.56%), Phosphorus: 264.25mg (26.43%), Copper: 0.44mg (21.9%), Magnesium: 63.3mg (15.83%), Potassium: 520.15mg (14.86%), Calcium: 130.93mg (13.09%), Zinc: 1.95mg (13.01%), Manganese: 0.25mg (12.39%), Vitamin E: 1.64mg (10.95%),

Folate: 42.94µg (10.74%), Fiber: 2.35g (9.39%), Vitamin B2: 0.14mg (8.12%), Iron: 1.21mg (6.72%), Vitamin K: 6.35µg (6.05%), Vitamin A: 285.32IU (5.71%), Vitamin B1: 0.05mg (3.55%), Vitamin B6: 0.07mg (3.41%), Vitamin B5: 0.33mg (3.27%), Vitamin B3: 0.45mg (2.27%), Vitamin B12: 0.11µg (1.91%), Selenium: 1.18µg (1.69%)