



Shrimp, Jícama, and Apricot Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



580 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 lb firm-ripe apricots cut into 1/4-inch-thick wedges (4 large)
- ☐ 1 cucumber seedless cut into 1/8-inch-thick matchsticks
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 lb jicama peeled cut into 1/8-inch-thick matchsticks
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 1 lb shrimp in shells deveined peeled (22 to 24)

☐ 2 tablespoons vegetable oil

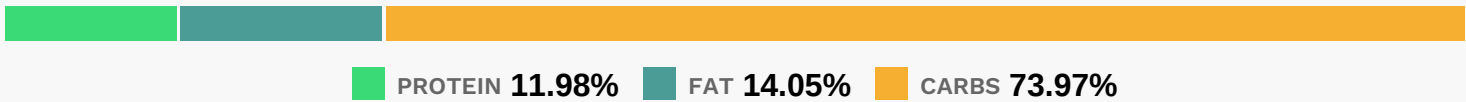
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ colander

Directions

- ☐ Halve shrimp lengthwise by cutting down middle of backs and cook in a saucepan of boiling salted water, stirring occasionally, until just cooked through, 1 to 2 minutes.
- ☐ Drain in a colander and spread on a large plate to cool.
- ☐ Whisk together vinegar, garlic, ginger, and oil, then add shrimp and remaining ingredients and toss to combine well. Season salad with salt and pepper.
- ☐ * These long, narrow cucumbers are often marketed as "European" and are usually sold in plastic wrap to protect their thin, delicate, unwaxed skin.

Nutrition Facts



Properties

Glycemic Index:56.42, Glycemic Load:37.98, Inflammation Score:-9, Nutrition Score:23.12782604798%

Flavonoids

Catechin: 3.12mg, Catechin: 3.12mg, Catechin: 3.12mg, Catechin: 3.12mg Epicatechin: 4.03mg, Epicatechin: 4.03mg, Epicatechin: 4.03mg, Epicatechin: 4.03mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 579.84kcal (28.99%), Fat: 9.04g (13.9%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 107.05g (35.68%), Net Carbohydrates: 95.75g (34.82%), Sugar: 14.2g (15.78%), Cholesterol: 0mg (0%), Sodium: 14.57mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.66%), Selenium: 72.92µg (104.16%), Manganese: 1.25mg (62.63%), Fiber: 11.3g (45.21%), Vitamin C: 33.91mg (41.1%), Vitamin A: 1808.11IU (36.16%), Vitamin K: 31.17µg

(29.69%), Phosphorus: 274.07mg (27.41%), Copper: 0.48mg (24.21%), Magnesium: 92.58mg (23.15%), Potassium: 761.57mg (21.76%), Iron: 2.73mg (15.16%), Vitamin B6: 0.29mg (14.56%), Zinc: 2.11mg (14.08%), Vitamin B3: 2.75mg (13.77%), Vitamin E: 2.01mg (13.39%), Folate: 47.58µg (11.9%), Vitamin B1: 0.17mg (11.47%), Vitamin B5: 1.05mg (10.49%), Vitamin B2: 0.16mg (9.52%), Calcium: 62.82mg (6.28%)