



Shrimp, Jicama, and Mango Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon dijon mustard
- 0.5 cup flat-leaf parsley chopped
- 0.3 teaspoon fresh-ground pepper black
- 0.8 pound jicama peeled cut into 1/4-inch dice
- 6 tablespoons juice of lemon
- 1 mangos peeled cut into 1/4-inch dice
- 0.3 cup olive oil
- 2 teaspoons salt

- 1.5 pounds shrimp shelled
- 0.8 cup water

Equipment

- bowl
- frying pan
- whisk

Directions

- In a large frying pan, bring the water and 3/4 teaspoon of the salt to a boil.
- Add the shrimp, cover, and bring back to a boil. Cook, covered, over moderate heat for 1 minute. Stir. Continue cooking until the shrimp are just done, about 2 minutes longer.
- Drain. When the shrimp are cool enough to handle, cut each one in half lengthwise and then in half crosswise.
- Put the shrimp in a large glass or stainless-steel bowl and add the jicama, mango, and cilantro.
- In a small glass or stainless-steel bowl, whisk together the lemon juice, the mustard, the remaining 1 1/4 teaspoons of salt, and the pepper.
- Add the oil slowly, whisking. Just before serving, add this vinaigrette to the shrimp mixture and toss.
- Shellfish Alternatives : Crabmeat, though expensive, is delicious in this salad and is a time-saver, too, since it's usually already cooked. (For that matter, you can use precooked shrimp instead of boiling uncooked ones.) If you really want to splurge, try the salad with lobster.
- Wine Recommendation: Mango, lemon juice, and cilantro invite a light-bodied, acidic white, such as an Orvieto from Italy or a Muscadet de Svre-et-Maine from France.

Nutrition Facts



Properties

Glycemic Index:40.69, Glycemic Load:4.18, Inflammation Score:-8, Nutrition Score:18.886086800824%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 335.64kcal (16.78%), Fat: 14.78g (22.74%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 12.04g (4.38%), Sugar: 9.26g (10.29%), Cholesterol: 273.86mg (91.29%), Sodium: 1382.89mg (60.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.57g (71.13%), Vitamin K: 133.77µg (127.4%), Vitamin C: 54.7mg (66.31%), Copper: 0.79mg (39.41%), Phosphorus: 393.58mg (39.36%), Vitamin A: 1212.07IU (24.24%), Fiber: 5.37g (21.48%), Potassium: 731.27mg (20.89%), Magnesium: 81mg (20.25%), Vitamin E: 2.89mg (19.3%), Zinc: 2.57mg (17.11%), Calcium: 139.59mg (13.96%), Folate: 48.42µg (12.11%), Iron: 2.07mg (11.49%), Manganese: 0.18mg (8.8%), Vitamin B6: 0.12mg (5.76%), Vitamin B2: 0.06mg (3.28%), Vitamin B3: 0.64mg (3.2%), Vitamin B1: 0.04mg (2.98%), Vitamin B5: 0.28mg (2.8%), Selenium: 1.16µg (1.65%)