



Shrimp-Macaroni Salad

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup cauliflower chopped
- 1 cup celery sliced
- 0.5 teaspoon celery seed
- 0.3 cup parsley fresh chopped
- 1 tablespoon juice of lemon
- 0.5 cup commercial low-calorie dressing french
- 0.8 cup .5 oz. macaroni uncooked
- 0.3 cup mayonnaise reduced-calorie

- 1 teaspoon onion grated
- 0.3 teaspoon pepper
- 0.8 pound shrimp fresh deveined peeled
- 0.3 cup pickle sweet chopped
- 3 cup water

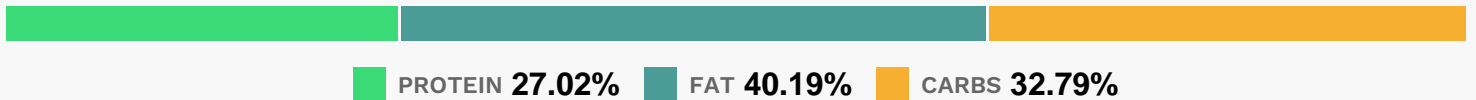
Equipment

- sauce pan

Directions

- Cook macaroni according to package directions, omitting salt and fat.
- Drain and set aside.
- Bring 3 cups water to a boil in a medium saucepan.
- Add shrimp; cook 3 to 5 minutes or until shrimp turns pink.
- Drain well.
- Combine macaroni, shrimp, cauliflower, and remaining ingredients; toss gently to combine. Cover and chill at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:4.4247826504643%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 3mg, Apigenin: 3mg, Apigenin: 3mg, Apigenin: 3mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 100.58kcal (5.03%), Fat: 4.56g (7.02%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 7.76g (2.82%), Sugar: 2.6g (2.89%), Cholesterol: 47.6mg (15.87%), Sodium: 91.49mg (3.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.8%), Vitamin K: 33.44µg (31.85%), Vitamin C: 6.92mg (8.39%), Phosphorus: 81.71mg (8.17%), Copper: 0.15mg (7.55%), Selenium: 4.35µg (6.22%), Manganese: 0.11mg (5.38%), Magnesium: 17.59mg (4.4%), Potassium: 150.57mg (4.3%), Zinc: 0.54mg (3.62%), Vitamin A: 170.83IU (3.42%), Calcium: 32.31mg (3.23%), Folate: 11.42µg (2.86%), Fiber: 0.61g (2.45%), Iron: 0.42mg (2.35%), Vitamin B6: 0.03mg (1.74%), Vitamin E: 0.21mg (1.43%), Vitamin B5: 0.12mg (1.22%), Vitamin B3: 0.21mg (1.03%), Vitamin B2: 0.02mg (1.02%)