



Shrimp, Mango, and Jicama Salad with Pineapple Vinaigrette



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



218 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 1 teaspoon peppercorns whole black
- ☐ 6 large boston lettuce leaves
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 cups cubes jicama peeled
- ☐ 0.3 cup juice of lemon fresh
- ☐ 3 tablespoons juice of lime fresh

- ☐ 2 large mangoes pitted peeled cut into 1/2-inch cubes (3 cups)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons pineapple juice concentrate frozen thawed
- ☐ 0.5 cup onion red chopped
- ☐ 2 teaspoons salt
- ☐ 1 pound shrimp deveined uncooked peeled halved lengthwise
- ☐ 6 cups water

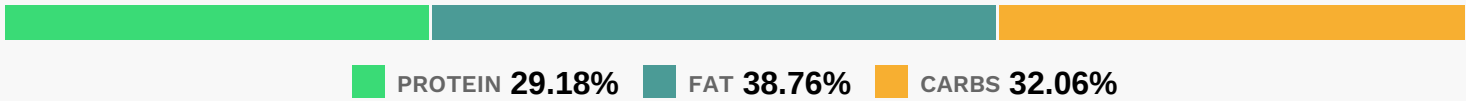
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk lime juice and pineapple juice concentrate in small bowl. Gradually whisk in oil. Season vinaigrette to taste with salt and pepper.
- ☐ Bring 6 cups water and next 4 ingredients to boil in heavy large saucepan. Reduce heat to medium; simmer 15 minutes. Reduce heat to low, add shrimp, and simmer until opaque in center, about 2 minutes.
- ☐ Drain.
- ☐ Transfer shrimp to large bowl; refrigerate until cool. (Can be made 6 hours ahead. Cover; keep chilled.)
- ☐ Mix mangoes and next 3 ingredients into shrimp.
- ☐ Pour vinaigrette over; toss to coat.
- ☐ Place 1 lettuce leaf on each of 6 plates. Spoon salad over lettuce, dividing equally.

Nutrition Facts



Properties

Glycemic Index:33.96, Glycemic Load:5.7, Inflammation Score:-8, Nutrition Score:11.711304462474%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 217.72kcal (10.89%), Fat: 9.8g (15.07%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 18.23g (6.08%), Net Carbohydrates: 14.34g (5.21%), Sugar: 11.83g (13.14%), Cholesterol: 121.71mg (40.57%), Sodium: 881.44mg (38.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.18%), Vitamin C: 42.17mg (51.11%), Vitamin A: 1276.93IU (25.54%), Vitamin K: 25.72µg (24.5%), Copper: 0.46mg (22.82%), Phosphorus: 191.61mg (19.16%), Fiber: 3.89g (15.56%), Vitamin E: 2.19mg (14.61%), Potassium: 472.63mg (13.5%), Manganese: 0.27mg (13.27%), Folate: 52.35µg (13.09%), Magnesium: 47.38mg (11.85%), Zinc: 1.25mg (8.34%), Calcium: 83.13mg (8.31%), Vitamin B6: 0.14mg (7.21%), Iron: 1.15mg (6.41%), Vitamin B1: 0.05mg (3.39%), Vitamin B2: 0.06mg (3.36%), Vitamin B3: 0.66mg (3.29%), Vitamin B5: 0.27mg (2.7%), Selenium: 0.94µg (1.34%)