



Shrimp, Mango, and Raspberry Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounce baby spinach fresh
- 1 large cucumber english thinly sliced cut in half lengthwise and
- 2 teaspoons ginger fresh grated
- 1 green onion thinly sliced
- 1 tablespoon honey
- 2 tablespoons juice of lime fresh
- 2 teaspoons lime rind grated
- 0.3 cup apricot-mango nectar

- 2 large mangoes peeled cut into thin strips
- 0.3 cup olive oil
- 1 cup raspberries fresh
- 1 teaspoon rice vinegar
- 0.8 teaspoon salt
- 1 pound shrimp cooked

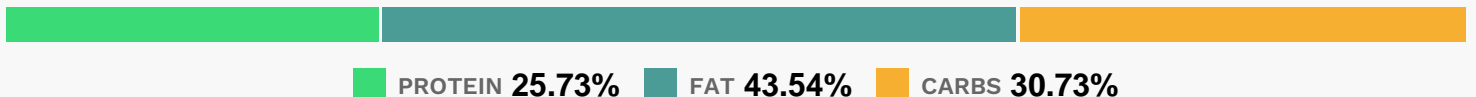
Equipment

- bowl
- whisk

Directions

- Whisk together first 8 ingredients in a small bowl to make a vinaigrette. Set aside.
- Combine shrimp and next 4 ingredients in a large bowl.
- Add 1/2 cup vinaigrette, tossing to coat.
- Combine spinach and remaining vinaigrette in a large bowl, tossing to coat. Arrange dressed spinach on 4 serving plates. Top each serving with shrimp and mango mixture.
- Serve immediately.
- Wine note: "Try Whitehall Lane Sauvignon Blanc 2002 (\$16), a nice quality blend of 90 percent Sauvignon Blanc and 10 percent Semillon. It is crisp and not overly oaked. I like its crushed grapefruit, citrus, and gooseberry flavors with this salad." --Rosalind Johnson, Divas Uncorked, Massachusetts

Nutrition Facts



Properties

Glycemic Index:72.76, Glycemic Load:10.14, Inflammation Score:-10, Nutrition Score:26.446521748667%

Flavonoids

Cyanidin: 13.83mg, Cyanidin: 13.83mg, Cyanidin: 13.83mg, Cyanidin: 13.83mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 382.36kcal (19.12%), Fat: 19.44g (29.92%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 25.75g (9.36%), Sugar: 23.42g (26.03%), Cholesterol: 182.57mg (60.86%), Sodium: 609.56mg (26.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.85g (51.7%), Vitamin K: 241.6µg (230.1%), Vitamin A: 5338.74IU (106.77%), Vitamin C: 65.15mg (78.97%), Manganese: 0.76mg (38.16%), Folate: 142.62µg (35.65%), Copper: 0.68mg (34.17%), Vitamin E: 4.74mg (31.61%), Phosphorus: 307.95mg (30.8%), Potassium: 895.1mg (25.57%), Magnesium: 102.27mg (25.57%), Fiber: 5.13g (20.52%), Calcium: 152.77mg (15.28%), Zinc: 2.15mg (14.35%), Iron: 2.57mg (14.28%), Vitamin B6: 0.26mg (13.15%), Vitamin B2: 0.16mg (9.55%), Vitamin B3: 1.31mg (6.54%), Vitamin B1: 0.1mg (6.44%), Vitamin B5: 0.55mg (5.55%), Selenium: 1.48µg (2.11%)