

Shrimp, Orange and Olive Salad with Sherry Vinaigrette

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



360 kcal

SIDE DISH

Ingredients

- 8 cups peas mixed
- 1 garlic clove pressed
- 1 cup olive green sliced
- 2 spring onion minced
- 0.3 cup olive oil
- 1 teaspoon orange zest grated
- 2 cranberry-orange relish

- 3 tablespoons sherry vinegar
- 1 pound shrimp deveined cooked peeled
- 1 teaspoon sugar

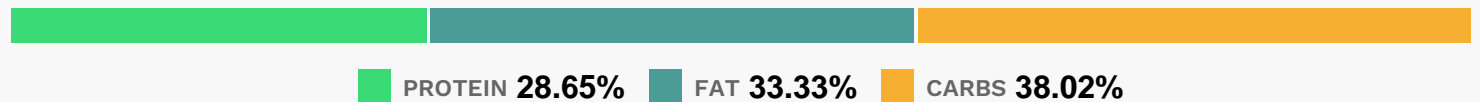
Equipment

- bowl
- whisk

Directions

- Whisk first 5 ingredients in large bowl for dressing. Season to taste with salt and pepper.
- Cut peel and white pith from oranges. Quarter oranges lengthwise, than slice crosswise.
- Add oranges, shrimp and olives to dressing. Cover and refrigerate 1 hour.
- Add lettuces and green onions to dressing mixture and toss well.

Nutrition Facts



Properties

Glycemic Index:36.49, Glycemic Load:9.77, Inflammation Score:-9, Nutrition Score:26.832608388818%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 11.9mg, Hesperetin: 11.9mg, Hesperetin: 11.9mg, Hesperetin: 11.9mg Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 359.91kcal (18%), Fat: 13.67g (21.03%), Saturated Fat: 1.92g (12%), Carbohydrates: 35.08g (11.69%), Net Carbohydrates: 22.12g (8.04%), Sugar: 15.93g (17.7%), Cholesterol: 121.71mg (40.57%), Sodium: 452.15mg (19.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.43g (52.86%), Vitamin C: 101.96mg (123.59%), Vitamin K: 61.97µg (59.02%), Fiber: 12.96g (51.84%), Manganese: 0.85mg (42.34%), Phosphorus: 380.51mg (38.05%), Vitamin

B1: 0.56mg (37.37%), Folate: 142.12µg (35.53%), Copper: 0.69mg (34.42%), Vitamin A: 1707IU (34.14%), Magnesium: 98.4mg (24.6%), Zinc: 3.47mg (23.16%), Potassium: 776.58mg (22.19%), Vitamin B3: 4.24mg (21.22%), Iron: 3.54mg (19.69%), Vitamin B6: 0.37mg (18.46%), Vitamin E: 2.51mg (16.71%), Vitamin B2: 0.28mg (16.38%), Calcium: 130.75mg (13.08%), Selenium: 4µg (5.72%), Vitamin B5: 0.32mg (3.23%)