



Shrimp Paella Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 1 clove garlic finely chopped
- ☐ 2 cups rice cooked
- ☐ 1 cup peas sweet frozen cooked drained
- ☐ 0.3 cup roasted peppers red drained chopped (from 7-oz jar)
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 teaspoon paprika
- ☐ 4 drops hot sauce red

- ☐ 12 oz shrimp frozen thawed deveined cooked peeled drained
- ☐ 1 serving romaine leaves

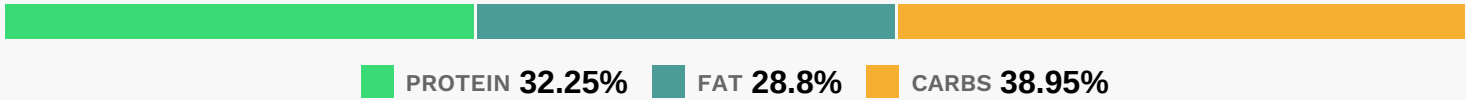
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In 12-inch skillet, cook bacon over medium heat, stirring occasionally, until crisp.
- ☐ Drain fat, reserving 1 tablespoon in skillet.
- ☐ Drain bacon on paper towel.
- ☐ Cook garlic in bacon fat in skillet over medium heat about 1 minute, stirring occasionally, until softened. Stir in bacon and remaining ingredients except lettuce.
- ☐ Serve shrimp mixture on lettuce.
- ☐ Sprinkle with additional paprika if desired.

Nutrition Facts



Properties

Glycemic Index:49.58, Glycemic Load:25.38, Inflammation Score:-6, Nutrition Score:12.201739013195%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 302.32kcal (15.12%), Fat: 9.61g (14.78%), Saturated Fat: 3.11g (19.44%), Carbohydrates: 29.24g (9.75%), Net Carbohydrates: 26.57g (9.66%), Sugar: 2.38g (2.64%), Cholesterol: 151.45mg (50.48%), Sodium: 437.56mg (19.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.42%), Manganese: 0.6mg (30.23%), Vitamin C: 24.89mg (30.17%), Phosphorus: 293.13mg (29.31%), Copper: 0.48mg (23.99%), Vitamin A: 854.06IU (17.08%), Selenium: 11.19µg (15.99%), Zinc: 2.29mg (15.25%), Magnesium: 56.82mg (14.21%), Vitamin B1: 0.19mg

(12.4%), Potassium: 427.88mg (12.23%), Vitamin B6: 0.24mg (11.85%), Fiber: 2.67g (10.67%), Vitamin B3: 2.07mg (10.37%), Vitamin K: 9.13µg (8.69%), Calcium: 81.61mg (8.16%), Folate: 31.72µg (7.93%), Iron: 1.42mg (7.89%), Vitamin B2: 0.09mg (5.28%), Vitamin B5: 0.49mg (4.91%), Vitamin B12: 0.11µg (1.83%), Vitamin E: 0.24mg (1.61%)