



Shrimp Pasta Salad With Fresh Fruit Salsa

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces farfalle pasta uncooked (bow-tie)
- 1 head boston lettuce
- 1 medium cucumber sliced
- 12 ounces shrimp deveined cooked peeled (and)
- 1 avocado sliced
- 0.5 cup pineapple coarsely chopped
- 0.5 cup strawberries coarsely chopped
- 1 teaspoon orange zest grated

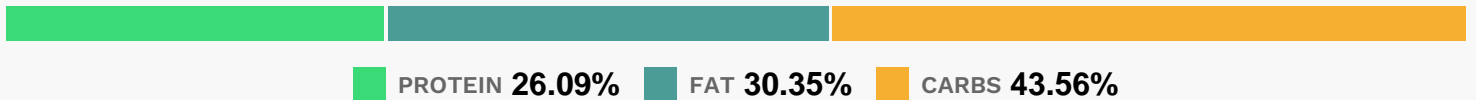
- 2 tablespoons orange juice
- 1 tablespoon vegetable oil
- 0.3 teaspoon salt
- 0.1 teaspoon pepper white
- 2 kiwi fruit peeled coarsely chopped
- 1 small jalapeno chopped

Equipment

Directions

- Mix all ingredients for Fresh Fruit Salsa.
- Cook and drain pasta as directed on package. Rinse with cold water; drain.
- Divide lettuce leaves among serving plates. Arrange pasta, cucumber, shrimp and avocado on lettuce-lined plates.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:55.39, Glycemic Load:9.29, Inflammation Score:-8, Nutrition Score:15.446521655373%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin:

0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 231.48kcal (11.57%), Fat: 8.09g (12.44%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 21.27g (7.74%), Sugar: 6.68g (7.43%), Cholesterol: 91.29mg (30.43%), Sodium: 171.79mg (7.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.28%), Vitamin C: 47.78mg (57.91%), Vitamin K: 54.45µg (51.85%), Manganese: 0.52mg (26.06%), Copper: 0.43mg (21.7%), Vitamin A: 1046.48IU (20.93%), Phosphorus: 206.48mg (20.65%), Fiber: 4.85g (19.39%), Selenium: 12.42µg (17.74%), Folate: 70.73µg (17.68%), Potassium: 575.81mg (16.45%), Magnesium: 56.28mg (14.07%), Vitamin B6: 0.2mg (10.23%), Vitamin E: 1.48mg (9.85%), Zinc: 1.44mg (9.57%), Vitamin B5: 0.79mg (7.87%), Calcium: 74.41mg (7.44%), Iron: 1.32mg (7.36%), Vitamin B3: 1.3mg (6.48%), Vitamin B1: 0.09mg (6.25%), Vitamin B2: 0.1mg (5.79%)