



Shrimp Pasta Salad with Ginger Dressing

READY IN



25 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup salad dressing
- ☐ 0.3 cup yogurt plain yoplait®
- ☐ 1 tablespoon soya sauce
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 Dash hot sauce red
- ☐ 8 ounces vermicelli uncooked
- ☐ 8 ounces shrimp frozen thawed cooked
- ☐ 0.5 cup jicama peeled coarsely chopped

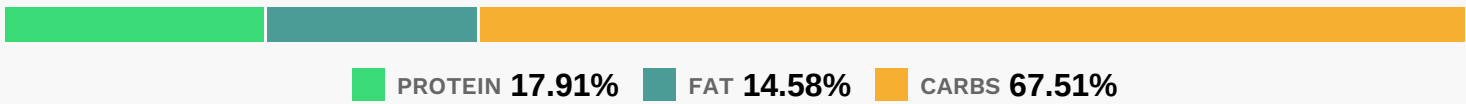
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.3 cups carrots shredded
- ☐ 1 cup cucumber coarsely chopped
- ☐ 1 serving the salad

Equipment

Directions

- ☐ Mix all ingredients for Ginger Dressing. Set aside.
- ☐ Cook and drain vermicelli as directed on package. Rinse with cold water; drain.
- ☐ Toss vermicelli, dressing and remaining ingredients except salad greens.
- ☐ Serve on salad greens.

Nutrition Facts



Properties

Glycemic Index:45.15, Glycemic Load:19.47, Inflammation Score:-10, Nutrition Score:10.279565060916%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 233.21kcal (11.66%), Fat: 3.73g (5.74%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 36.75g (13.36%), Sugar: 4.54g (5.04%), Cholesterol: 62.63mg (20.88%), Sodium: 439.07mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.62%), Vitamin A: 4612.14IU (92.24%), Phosphorus: 176.65mg (17.67%), Manganese: 0.35mg (17.46%), Vitamin K: 14.56µg (13.86%), Copper: 0.22mg (11.18%), Selenium: 6.55µg (9.35%), Potassium: 298.46mg (8.53%), Fiber: 2.1g (8.41%), Vitamin C: 6.33mg (7.67%), Magnesium: 29.68mg (7.42%), Zinc: 1.03mg (6.87%), Calcium: 64.48mg (6.45%), Iron: 0.85mg (4.75%), Vitamin B6: 0.08mg (4.22%), Folate: 15µg (3.75%), Vitamin E: 0.54mg (3.62%), Vitamin B2: 0.06mg (3.49%), Vitamin B1: 0.05mg (3.28%), Vitamin B3: 0.58mg (2.91%), Vitamin B5: 0.24mg (2.37%)