



## Shrimp, Pea and Radish Salad with Herb Yogurt Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



503 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 avocado pitted ripe peeled coarsely chopped
- 2 tablespoons optional: dill fresh finely chopped
- 2 garlic clove crushed
- 2 servings pepper fresh black
- 2 tablespoons greek yogurt plain sour
- 2 tablespoons mayonnaise
- 0.7 cup peas frozen thawed ()

- 3 radishes sliced
- 1 bunch the of 1 cos lettuce chopped
- 1 pound shrimp deveined cooked peeled

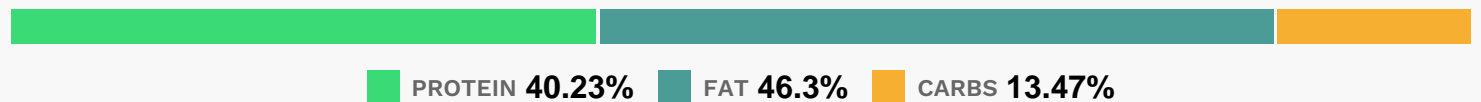
## Equipment

- bowl
- whisk
- mixing bowl

## Directions

- In a small bowl,whisk all dressing ingredients and set aside.
- Place romaine lettuce,radis,pesa,and shrimp in mixing bowl.Toss salad with garlic dill dressing.

## Nutrition Facts



## Properties

Glycemic Index:121.67, Glycemic Load:2.97, Inflammation Score:-7, Nutrition Score:24.002608695652%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Taste

Sweetness: 21.52%, Saltiness: 9.03%, Sourness: 5.25%, Bitterness: 5.47%, Savoriness: 6.37%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 503.01kcal (25.15%), Fat: 26.68g (41.05%), Saturated Fat: 4.06g (25.4%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 7.77g (2.83%), Sugar: 4.12g (4.58%), Cholesterol: 371.77mg (123.92%), Sodium: 376.79mg

(16.38%), Protein: 52.16g (104.31%), Phosphorus: 619.51mg (61.95%), Copper: 1.18mg (59.11%), Vitamin K: 56.72µg (54.02%), Fiber: 9.69g (38.77%), Vitamin C: 31.57mg (38.26%), Potassium: 1259.58mg (35.99%), Magnesium: 128.07mg (32.02%), Zinc: 4.44mg (29.6%), Folate: 117.46µg (29.36%), Manganese: 0.49mg (24.55%), Vitamin B6: 0.39mg (19.68%), Calcium: 195.43mg (19.54%), Vitamin E: 2.61mg (17.39%), Vitamin B5: 1.55mg (15.51%), Vitamin B2: 0.25mg (14.51%), Iron: 2.59mg (14.42%), Vitamin B3: 2.84mg (14.18%), Vitamin B1: 0.21mg (13.87%), Vitamin A: 601.84IU (12.04%), Selenium: 3.55µg (5.07%), Vitamin B12: 0.12µg (2.03%)