



## Shrimp & Pea Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



110 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 cups boston lettuce leaves
- 2 cups peas frozen
- 0.3 cup classic ranch dressing kraft
- 0.5 cup onions red thinly sliced
- 1 lb shrimp frozen cleaned cooked

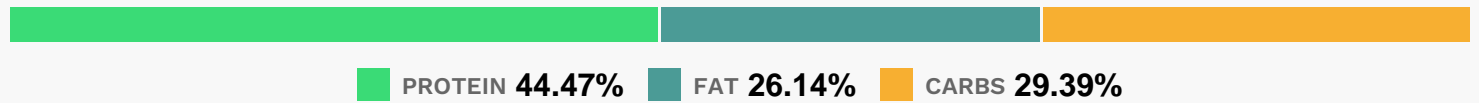
### Equipment

- bowl
- colander

## Directions

- Place shrimp and peas in colander; rinse under cool water until thawed.
- Drain well.
- Place in large bowl.
- Add onions and dressing; mix lightly.
- Arrange lettuce on 4 plates to resemble cups; fill with shrimp mixture.

## Nutrition Facts



## Properties

Glycemic Index:7.13, Glycemic Load:1.28, Inflammation Score:-10, Nutrition Score:18.054347700075%

## Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

## Nutrients (% of daily need)

Calories: 109.5kcal (5.47%), Fat: 3.34g (5.13%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 5.09g (1.85%), Sugar: 3.6g (4%), Cholesterol: 74.59mg (24.86%), Sodium: 116.91mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.55%), Vitamin K: 160.48µg (152.84%), Vitamin A: 4925.77IU (98.52%), Folate: 124.24µg (31.06%), Vitamin C: 17.44mg (21.14%), Manganese: 0.4mg (20.04%), Phosphorus: 188.71mg (18.87%), Potassium: 543.88mg (15.54%), Iron: 2.46mg (13.65%), Fiber: 3.35g (13.4%), Copper: 0.26mg (12.77%), Magnesium: 45mg (11.25%), Vitamin B1: 0.16mg (10.84%), Calcium: 89.48mg (8.95%), Vitamin B6: 0.18mg (8.84%), Zinc: 1.28mg (8.5%), Vitamin B2: 0.13mg (7.86%), Vitamin B3: 1.13mg (5.63%), Vitamin B5: 0.3mg (3.01%), Vitamin E: 0.43mg (2.85%), Selenium: 1.62µg (2.32%)