



## Shrimp & Pineapple Rice Salad

 Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



15

CALORIES



150 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 cups rice cooked
- 0.5 cucumber chopped
- 1 small bell pepper green chopped
- 4 green onions sliced
- 0.5 pineapple cored peeled cut into bite-sized chunks
- 0.8 cup classic ranch dressing kraft
- 1.5 lb shrimp cleaned cooked

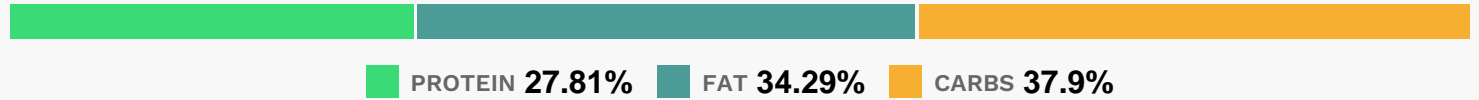
### Equipment

bowl

## Directions

- Toss all ingredients except dressing in large bowl.
- Add dressing; mix lightly. Cover.
- Refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:14.98, Glycemic Load:11.72, Inflammation Score:-2, Nutrition Score:6.4678261454986%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 149.53kcal (7.48%), Fat: 5.73g (8.81%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 13.46g (4.89%), Sugar: 3.88g (4.31%), Cholesterol: 76.15mg (25.38%), Sodium: 163.58mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.9%), Vitamin C: 19.31mg (23.4%), Manganese: 0.47mg (23.36%), Vitamin K: 24µg (22.86%), Phosphorus: 139.66mg (13.97%), Copper: 0.25mg (12.38%), Magnesium: 26.22mg (6.56%), Potassium: 202.44mg (5.78%), Zinc: 0.86mg (5.7%), Calcium: 43.67mg (4.37%), Vitamin B6: 0.08mg (4.24%), Selenium: 2.85µg (4.07%), Vitamin B5: 0.31mg (3.15%), Fiber: 0.79g (3.14%), Iron: 0.51mg (2.83%), Folate: 10.8µg (2.7%), Vitamin B1: 0.04mg (2.64%), Vitamin E: 0.32mg (2.16%), Vitamin B2: 0.03mg (1.8%), Vitamin B3: 0.33mg (1.64%), Vitamin A: 79.41IU (1.59%)