



## Shrimp Rice Salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

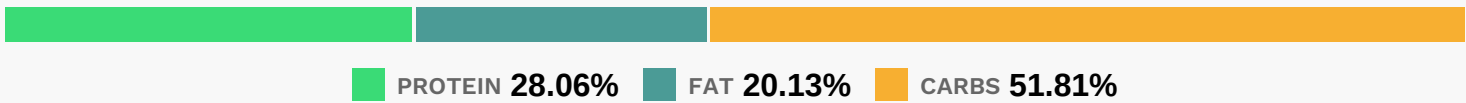
- ☐ 3 cups rice cold cooked
- ☐ 0.3 cup olives pitted ripe cut in half
- ☐ 0.3 cup salad dressing italian
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup spring onion sliced
- ☐ 1.5 cups tomatoes chopped
- ☐ 0.8 pound shrimp frozen thawed deveined cooked peeled
- ☐ 1 serving romaine leaves

# Equipment

## Directions

- ☐ Toss all ingredients except lettuce.
- ☐ Cover and refrigerate 30 minutes to blend flavors.
- ☐ Serve on lettuce.

## Nutrition Facts



## Properties

Glycemic Index:52.75, Glycemic Load:36.55, Inflammation Score:-7, Nutrition Score:11.151304172433%

## Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 302.92kcal (15.15%), Fat: 6.75g (10.38%), Saturated Fat: 1g (6.27%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 37.31g (13.57%), Sugar: 3.91g (4.35%), Cholesterol: 136.93mg (45.64%), Sodium: 477.85mg (20.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.16g (42.32%), Manganese: 0.7mg (35.05%), Vitamin K: 28.68µg (27.31%), Phosphorus: 254.01mg (25.4%), Copper: 0.47mg (23.57%), Vitamin A: 1023.94IU (20.48%), Magnesium: 54.59mg (13.65%), Selenium: 9.46µg (13.51%), Potassium: 450.15mg (12.86%), Zinc: 1.87mg (12.48%), Vitamin C: 9.99mg (12.11%), Vitamin B6: 0.18mg (9.06%), Calcium: 87.48mg (8.75%), Vitamin E: 1.26mg (8.4%), Fiber: 1.77g (7.08%), Iron: 1.09mg (6.08%), Vitamin B5: 0.52mg (5.21%), Folate: 18.58µg (4.64%), Vitamin B3: 0.92mg (4.58%), Vitamin B1: 0.06mg (4.02%), Vitamin B2: 0.04mg (2.24%)