



Shrimp Salad in Melon Cups

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



301 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 small cantaloupe
- 2 tablespoons celery finely chopped
- 0.1 teaspoon curry powder
- 2 teaspoons juice of lemon
- 2 leaf lettuce leaves green
- 0.3 cup nonfat cream alternative sour
- 1 tablespoon onion finely chopped
- 0.1 teaspoon salt

1 pound shrimp fresh unpeeled

3 cups water

Equipment

bowl

knife

Directions

Peel and devein shrimp. Bring water to a boil; add shrimp, and cook 3 to 5 minutes or until shrimp turns pink.

Drain well; rinse with cold water.

Cut each shrimp in half crosswise, and place in a small bowl.

Combine sour cream and next 5 ingredients, stirring well.

Add sour cream mixture to shrimp, and toss gently. Cover and chill thoroughly.

Cut cantaloupe in half crosswise with a sharp knife to form 2 large cups; remove and discard seeds. If needed, slice about 1/8 inch from bottom of each melon half so that it will sit flat. Spoon shrimp mixture evenly into lettuce-lined cantaloupe halves.

Nutrition Facts

PROTEIN 62.91% **FAT 4.66%** **CARBS 32.43%**

Properties

Glycemic Index:65.75, Glycemic Load:11.09, Inflammation Score:-10, Nutrition Score:19.499130425246%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 300.89kcal (15.04%), Fat: 1.6g (2.47%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 23.08g (8.39%), Sugar: 17.98g (19.98%), Cholesterol: 368.59mg (122.86%), Sodium: 560.17mg (24.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.74g (97.48%), Vitamin A: 7666.66IU (153.33%), Copper: 1.14mg (57.2%), Phosphorus: 563.74mg (56.37%), Vitamin C: 26.69mg (32.36%), Potassium: 1031.53mg (29.47%), Magnesium: 117.56mg (29.39%), Zinc: 4.27mg (28.43%), Calcium: 229.26mg (22.93%), Iron: 2.09mg (11.64%), Folate: 40.49µg (10.12%), Manganese: 0.19mg (9.44%), Vitamin K: 9.7µg (9.24%), Vitamin B1: 0.13mg (8.64%), Selenium: 5.87µg (8.39%), Fiber: 2.05g (8.19%), Vitamin B3: 1.6mg (8.01%), Vitamin B2: 0.12mg (7.34%), Vitamin B6: 0.11mg (5.62%), Vitamin B5: 0.27mg (2.65%), Vitamin B12: 0.12µg (1.92%), Vitamin E: 0.17mg (1.13%)