



## Shrimp Salad Italiano

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

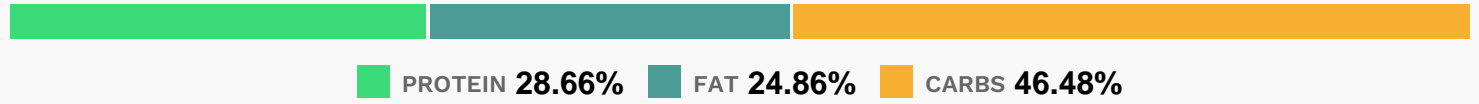
- 14 ounces farro frozen
- 0.8 pound shrimp frozen thawed deveined cooked peeled
- 0.5 cup olives ripe sliced
- 0.3 cup onion red chopped
- 0.3 cup salad dressing italian

### Equipment

## Directions

- Thaw tortellini as directed on package.
- Toss tortellini and remaining ingredients until coated with dressing.
- Serve, or refrigerate until serving time.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:8.9039129640745%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 269.8kcal (13.49%), Fat: 7.59g (11.68%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 27.45g (9.98%), Sugar: 2.91g (3.23%), Cholesterol: 136.93mg (45.64%), Sodium: 562.3mg (24.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.4%), Phosphorus: 242.1mg (24.21%), Copper: 0.46mg (23.23%), Fiber: 4.5g (17.99%), Manganese: 0.3mg (15.2%), Magnesium: 55.43mg (13.86%), Zinc: 1.99mg (13.27%), Selenium: 9.13µg (13.04%), Vitamin K: 12.04µg (11.46%), Iron: 1.92mg (10.65%), Vitamin B3: 2.12mg (10.62%), Potassium: 354.94mg (10.14%), Calcium: 78.97mg (7.9%), Vitamin E: 1.08mg (7.22%), Vitamin B6: 0.14mg (7.19%), Vitamin B1: 0.09mg (6.29%), Folate: 18.28µg (4.57%), Vitamin B2: 0.07mg (3.85%), Vitamin A: 80.51IU (1.61%), Vitamin B5: 0.15mg (1.5%)