



## Shrimp Salad Italiano (lighter )

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

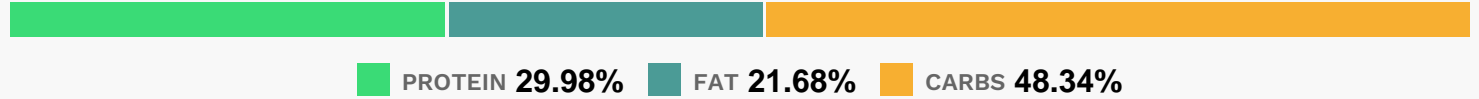
- 14 ounces farro frozen
- 0.8 pound shrimp frozen thawed deveined cooked peeled
- 0.3 cup olives ripe sliced
- 0.3 cup onion red chopped
- 0.3 cup salad dressing fat-free italian

### Equipment

## Directions

- Thaw tortellini as directed on package.
- Toss tortellini and remaining ingredients until coated with dressing. Refrigerate before serving if desired.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:8.636521730734%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 257.57kcal (12.88%), Fat: 6.3g (9.7%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 27.41g (9.97%), Sugar: 2.86g (3.18%), Cholesterol: 136.93mg (45.64%), Sodium: 430.67mg (18.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.61g (39.23%), Phosphorus: 241.76mg (24.18%), Copper: 0.45mg (22.72%), Fiber: 4.22g (16.88%), Manganese: 0.3mg (15.2%), Magnesium: 54.5mg (13.63%), Zinc: 1.99mg (13.25%), Selenium: 9.05µg (12.93%), Vitamin K: 11.92µg (11.35%), Vitamin B3: 2.1mg (10.52%), Iron: 1.88mg (10.42%), Potassium: 351.4mg (10.04%), Calcium: 74.58mg (7.46%), Vitamin B6: 0.14mg (7.06%), Vitamin B1: 0.09mg (6.18%), Vitamin E: 0.76mg (5.08%), Folate: 18.03µg (4.51%), Vitamin B2: 0.06mg (3.81%), Vitamin B5: 0.15mg (1.48%)