



HEALTH SCORE

80%

Shrimp Salad over Zesty Watermelon



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1554 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



5 oz baby arugula



2 tablespoons celery finely chopped



2 tablespoons tarragon fresh chopped



4 servings kosher salt



2 lemons



3 tablespoons mayonnaise



4 servings pepper freshly ground



1 pound shrimp deveined cooked peeled

- ☐ 1 tablespoon onion sweet finely chopped
- ☐ 4 watermelon 1-inch-thick ()

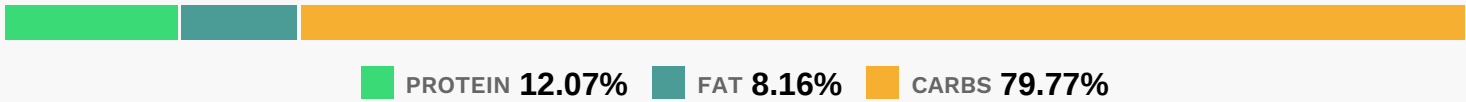
Equipment

- ☐ bowl
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Grate zest from lemons to equal 1 Tbsp.
- ☐ Cut lemons in half; squeeze juice from lemons into a measuring cup to equal 3 Tbsp.
- ☐ Place each watermelon slice on a chilled plate. Season with desired amount of kosher salt and freshly ground pepper.
- ☐ Microwave onion in a medium-size microwave-safe bowl at HIGH 25 seconds or just until onion is tender. Stir in mayonnaise, celery, 1 tsp. lemon zest, and 1 Tbsp. lemon juice. Stir in shrimp and tarragon. Season with salt and pepper to taste.
- ☐ Place arugula in a medium bowl.
- ☐ Sprinkle with remaining 2 tsp. lemon zest and 2 Tbsp. lemon juice. Season with salt and pepper to taste; toss to coat. Arrange arugula mixture over watermelon; top with shrimp mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:79.04, Glycemic Load:242.48, Inflammation Score:-10, Nutrition Score:64.44086977062%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 21.77mg, Luteolin:

21.77mg, Luteolin: 21.77mg, Luteolin: 21.77mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 32.67mg, Kaempferol: 32.67mg, Kaempferol: 32.67mg, Kaempferol: 32.67mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 1554.24kcal (77.71%), Fat: 15.84g (24.37%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 348.27g (116.09%), Net Carbohydrates: 327.82g (119.21%), Sugar: 281.32g (312.57%), Cholesterol: 186.98mg (62.33%), Sodium: 456.65mg (19.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.71g (105.41%), Vitamin A: 26630.15IU (532.6%), Vitamin C: 400.43mg (485.37%), Potassium: 5667.2mg (161.92%), Magnesium: 523.76mg (130.94%), Copper: 2.41mg (120.51%), Vitamin B6: 2.19mg (109.29%), Manganese: 2.18mg (108.81%), Vitamin B5: 10.23mg (102.34%), Vitamin B1: 1.53mg (102.27%), Fiber: 20.45g (81.8%), Phosphorus: 779.69mg (77.97%), Iron: 13.41mg (74.5%), Vitamin B2: 1.04mg (61.06%), Vitamin K: 61.58µg (58.65%), Calcium: 501.68mg (50.17%), Folate: 187.46µg (46.87%), Zinc: 6.38mg (42.54%), Vitamin B3: 8.5mg (42.51%), Selenium: 18.75µg (26.79%), Vitamin E: 2.84mg (18.93%)