



## Shrimp Salad with Ceviche Dressing

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup cilantro leaves chopped
- 0.5 teaspoon cumin seeds
- 1 cup corn kernels fresh frozen thawed
- 3 cloves garlic pressed peeled
- 1 tablespoon jalapeño chili fresh minced
- 0.3 cup juice of lemon
- 0.5 cup juice of lime
- 3 tablespoons olive oil

- 1 cup onion chopped
- 1 cup bell pepper red chopped
- 8 oz salad mix rinsed
- 8 servings salt and pepper
- 0.8 pound shrimp frozen thawed deveined cooked peeled per lb.), if
- 1 cup firm-ripe tomato diced ()

## Equipment

- bowl
- frying pan

## Directions

- In a 10- to 12-inch frying pan over medium-high heat, stir cumin seeds until fragrant, about 1 minute.
- Add oil, garlic, onion, and bell pepper; stir often until onion is limp, about 3 minutes.
- Add corn, jalapeo, lime juice, and lemon juice; bring to a boil.
- Remove from heat; stir in shrimp. Chill, stirring occasionally, until cool, 15 to 20 minutes.
- Stir in tomato and cilantro.
- Place salad greens in a large bowl. Spoon shrimp mixture over greens; mix to serve.
- Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:8.8126086463099%

## Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 2.46mg, Hesperetin: 2.46mg, Hesperetin: 2.46mg, Hesperetin: 2.46mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg,

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

## **Nutrients (% of daily need)**

Calories: 127.14kcal (6.36%), Fat: 5.92g (9.1%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 8.88g (3.23%), Sugar: 3.8g (4.22%), Cholesterol: 68.46mg (22.82%), Sodium: 258.13mg (11.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.55%), Vitamin C: 45.89mg (55.62%), Vitamin A: 1158.3IU (23.17%), Phosphorus: 139.1mg (13.91%), Copper: 0.22mg (11.2%), Potassium: 362.25mg (10.35%), Folate: 37.16µg (9.29%), Manganese: 0.18mg (9.21%), Vitamin E: 1.3mg (8.65%), Magnesium: 33.81mg (8.45%), Vitamin B6: 0.17mg (8.25%), Vitamin K: 7.69µg (7.33%), Fiber: 1.5g (6.01%), Zinc: 0.87mg (5.77%), Vitamin B1: 0.07mg (4.83%), Iron: 0.83mg (4.63%), Calcium: 45.54mg (4.55%), Vitamin B3: 0.86mg (4.32%), Vitamin B2: 0.06mg (3.3%), Vitamin B5: 0.31mg (3.08%)