



## Shrimp Salad with Cucumber and Mint



Gluten Free



Dairy Free



Low Fod Map

READY IN



18 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup mint leaves fresh
- 2 tablespoons juice of lemon
- 1 lemon zest
- 3 tablespoons olive oil
- 6 servings salt and pepper
- 2 pounds shrimp cleaned

### Equipment

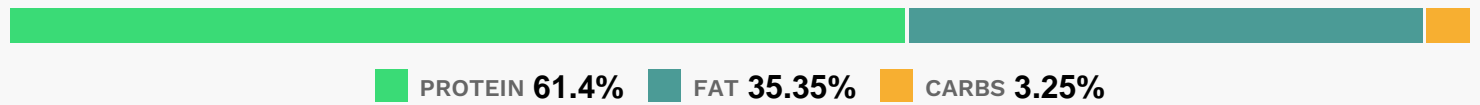
- food processor

bowl

## Directions

- Cook shrimp in boiling water for 3 minutes, drain and cool in refrigerator.
- Put mint and lemon juice in food processor and pulse to coarsely chop the mint.
- Drizzle olive oil into processor while pureeing until mint is finely chopped.
- In a serving bowl, toss shrimp, cucumber, mint mixture, zest, salt and pepper to combine.
- This will keep in the refrigerator in an airtight container for up to 2 days.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.1234782462859%

## Flavonoids

Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 197.22kcal (9.86%), Fat: 7.86g (12.09%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.17g (0.19%), Cholesterol: 243.43mg (81.14%), Sodium: 376.29mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.7g (61.41%), Phosphorus: 329.56mg (32.96%), Copper: 0.62mg (30.89%), Magnesium: 59.37mg (14.84%), Zinc: 2.11mg (14.1%), Potassium: 448.7mg (12.82%), Calcium: 116.82mg (11.68%), Manganese: 0.14mg (6.96%), Vitamin C: 5.61mg (6.8%), Vitamin E: 1.02mg (6.79%), Iron: 1.22mg (6.78%), Vitamin A: 319.4IU (6.39%), Vitamin K: 4.21µg (4.01%), Fiber: 0.72g (2.88%), Folate: 9.68µg (2.42%), Vitamin B2: 0.02mg (1.26%)