



Shrimp Salad with Zucchini and Basil



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons capers drained
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 5 ounces baby greens mixed
- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 shallots minced

- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 2 zucchini cut into 1/2-inch cubes (2 cups)

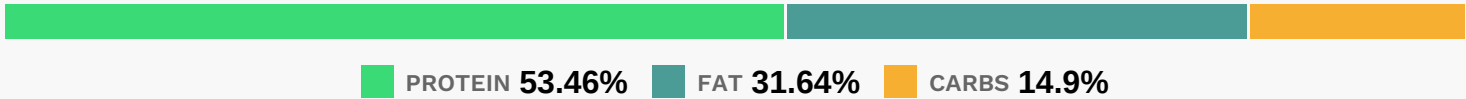
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk lemon juice, capers, shallot, mustard, and dried red pepper in medium bowl.
- ☐ Whisk in oil, then basil. Season dressing to taste with salt and pepper.
- ☐ Bring large saucepan of salted water to boil.
- ☐ Add shrimp and cook 1 minute.
- ☐ Add zucchini; continue cooking until shrimp are opaque in center and zucchini is crisp-tender, about 1 minute longer.
- ☐ Drain. Rinse under cold water and cool.
- ☐ Drain well.
- ☐ Transfer to large bowl.
- ☐ Add 1/3 cup dressing and toss to coat. Season to taste with salt and pepper.
- ☐ Toss greens in large bowl with enough dressing to coat. Divide greens among 4 plates. Arrange shrimp and zucchini atop greens.
- ☐ Serve, passing Parmesan cheese separately, if desired.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:12.260000000829%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 179.37kcal (8.97%), Fat: 6.59g (10.14%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 5.27g (1.92%), Sugar: 3.43g (3.81%), Cholesterol: 182.57mg (60.86%), Sodium: 364.62mg (15.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.12%), Vitamin C: 32.98mg (39.98%), Phosphorus: 305.78mg (30.58%), Copper: 0.56mg (28.01%), Vitamin K: 21.76µg (20.73%), Potassium: 674.49mg (19.27%), Magnesium: 69.53mg (17.38%), Manganese: 0.34mg (17.1%), Vitamin A: 843.05IU (16.86%), Zinc: 2.02mg (13.46%), Vitamin B6: 0.23mg (11.53%), Folate: 45.56µg (11.39%), Calcium: 107.04mg (10.7%), Iron: 1.59mg (8.84%), Vitamin B2: 0.13mg (7.58%), Vitamin E: 1.11mg (7.37%), Fiber: 1.71g (6.86%), Vitamin B1: 0.07mg (4.8%), Vitamin B3: 0.78mg (3.9%), Vitamin B5: 0.3mg (3.02%), Selenium: 1.84µg (2.62%)