



Shrimp with Feta, Radish, Watercress, and Mint

 Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups fennel bulb cored halved thinly sliced
- ☐ 1 teaspoon fennel seeds
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup mint leaves fresh
- ☐ 3 tablespoons juice of lemon fresh divided
- ☐ 2 tablespoons olive oil extra-virgin divided

- ☐ 5 radishes thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound shrimp deveined peeled (20)
- ☐ 1 small bunch watercress

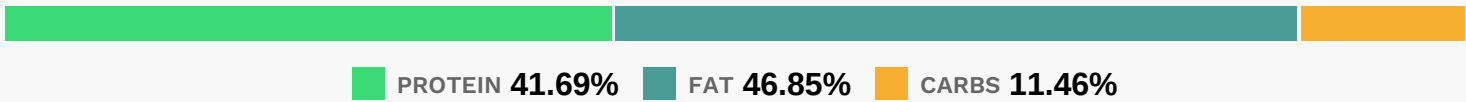
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Season shrimp with salt and pepper.
- ☐ Heat 1 tablespoon olive oil in a large nonstick skillet over medium heat; add shrimp and fennel seeds to pan. Cook until shrimp are opaque, turning often (about 3 minutes).
- ☐ Remove pan from heat; toss shrimp with 1 tablespoon lemon juice.
- ☐ In a large bowl, combine watercress, fennel, radishes, remaining olive oil, and remaining lemon juice, tossing well.
- ☐ Divide salad among 4 plates; top each evenly with shrimp, mint, and cheese.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:9.9047826476719%

Flavonoids

Pelargonidin: 3.16mg, Pelargonidin: 3.16mg, Pelargonidin: 3.16mg, Pelargonidin: 3.16mg Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 180.47kcal (9.02%), Fat: 9.68g (14.89%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 3.38g (1.23%), Sugar: 2.1g (2.33%), Cholesterol: 145.27mg (48.42%), Sodium: 382.15mg (16.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.38g (38.76%), Vitamin K: 47.6µg (45.33%), Phosphorus: 245.68mg (24.57%), Copper: 0.39mg (19.49%), Vitamin C: 14mg (16.97%), Calcium: 144.92mg (14.49%), Potassium: 480.53mg (13.73%), Magnesium: 45.82mg (11.46%), Manganese: 0.22mg (10.79%), Zinc: 1.57mg (10.5%), Vitamin E: 1.36mg (9.05%), Vitamin A: 419.15IU (8.38%), Fiber: 1.95g (7.8%), Vitamin B2: 0.11mg (6.69%), Iron: 1.15mg (6.37%), Folate: 22.03µg (5.51%), Vitamin B6: 0.08mg (4.17%), Vitamin B12: 0.16µg (2.64%), Selenium: 1.81µg (2.59%), Vitamin B5: 0.25mg (2.45%), Vitamin B3: 0.49mg (2.43%), Vitamin B1: 0.03mg (2.15%)