



## South Seas Shrimp Salad

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

READY IN



25 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups pkt spinach
- 2 cups cabbage shredded chinese (napa)
- 1 cup enoki mushrooms
- 1 medium bell pepper red cut into 1/2-inch pieces
- 2 tablespoons spring onion thinly sliced
- 0.5 pound shrimp frozen thawed deveined cooked peeled
- 0.3 cup slivered almonds toasted
- 2 tablespoons vegetable oil

- 2 tablespoons vinegar white
- 2 tablespoons soya sauce
- 0.5 teaspoon five-spice powder

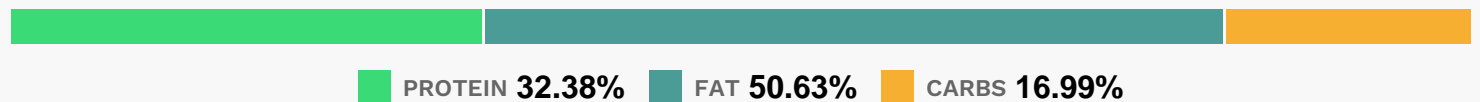
## Equipment

- bowl

## Directions

- Mix spinach, cabbage, mushrooms, bell pepper, onions, shrimp and almonds in large bowl.
- Shake remaining ingredients in tightly covered container.
- Pour over spinach mixture; toss.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:53.75, Glycemic Load:1.12, Inflammation Score:-9, Nutrition Score:18.820869626558%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

## Nutrients (% of daily need)

Calories: 182.95kcal (9.15%), Fat: 10.73g (16.51%), Saturated Fat: 1.39g (8.72%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 4.84g (1.76%), Sugar: 2.99g (3.32%), Cholesterol: 91.29mg (30.43%), Sodium: 590.75mg (25.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.88%), Vitamin K: 119.22µg (113.55%), Vitamin C: 55.67mg (67.48%), Vitamin A: 2402.3IU (48.05%), Manganese: 0.46mg (23.16%), Vitamin E: 3.13mg (20.86%),

Phosphorus: 208.18mg (20.82%), Folate: 72.14µg (18.04%), Copper: 0.35mg (17.75%), Magnesium: 64.57mg (16.14%), Potassium: 490.99mg (14.03%), Fiber: 3.26g (13.05%), Vitamin B2: 0.19mg (11.36%), Vitamin B3: 2.24mg (11.2%), Vitamin B6: 0.2mg (10.23%), Iron: 1.69mg (9.41%), Calcium: 89.82mg (8.98%), Zinc: 1.34mg (8.96%), Vitamin B1: 0.11mg (7.1%), Vitamin B5: 0.47mg (4.65%), Selenium: 1.05µg (1.5%)