



Southeast Asian Grapefruit and Shrimp Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 2 tablespoons vietnamese fish sauce
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2.5 cups ruby grapefruit segents (from)
- ☐ 0.3 cup juice of lime
- ☐ 2 cups lightly watercress sprigs packed
- ☐ 1 tsp sambal badjak* or

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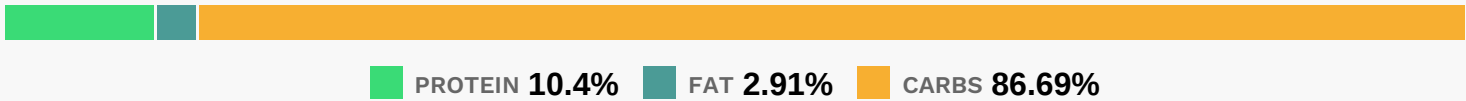
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Combine lime juice, fish sauce, cilantro, mint, and ginger in a large bowl.
- ☐ Split shrimp in half lengthwise, then add to bowl and gently toss with dressing to coat.
- ☐ Spoon grapefruit segments into a wide, shallow serving bowl, using a slotted spoon.
- ☐ Pour 1/4 cup grapefruit juice into bowl with shrimp.
- ☐ Add sambal to taste, gently mixing to combine (save remaining grapefruit juice for another use).
- ☐ Spoon shrimp and dressing onto fruit.
- ☐ Add watercress and gently toss.
- ☐ *Find sambal badjak, a sweet-spicy Indonesian condiment, in the international foods aisle.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:3.36, Inflammation Score:-9, Nutrition Score:10.811304501865%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg Naringenin: 46.98mg, Naringenin: 46.98mg, Naringenin: 46.98mg, Naringenin: 46.98mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 72.37kcal (3.62%), Fat: 0.27g (0.41%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 15.21g (5.53%), Sugar: 10.55g (11.73%), Cholesterol: 0mg (0%), Sodium: 714.87mg (31.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Vitamin C: 57.68mg (69.91%), Vitamin A: 2323.93IU (46.48%), Vitamin K: 43.21µg (41.15%), Fiber: 2.69g (10.74%), Magnesium: 36.27mg (9.07%), Potassium: 316.31mg (9.04%), Folate: 29.49µg (7.37%), Vitamin B6: 0.15mg (7.29%), Manganese: 0.13mg (6.55%), Calcium: 64.5mg (6.45%), Vitamin B1: 0.08mg (5.64%), Vitamin B5: 0.47mg (4.72%), Vitamin B2: 0.08mg (4.7%), Phosphorus: 41.34mg (4.13%), Copper: 0.08mg (4.02%), Vitamin B3: 0.61mg (3.07%), Vitamin E: 0.4mg (2.66%), Iron: 0.37mg (2.08%), Selenium: 1.14µg (1.64%), Zinc: 0.18mg (1.23%)