



## Southwestern Shrimp Salad

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

READY IN



15 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 Tbsp cilantro leaves fresh chopped
- 1 cup regular corn frozen thawed
- 0.5 cup classic ranch dressing kraft
- 6 cups romaine lettuce chopped
- 1 lb shrimp cleaned cooked
- 1 tomatoes seeded chopped
- 2 oz tortilla chips crushed

### Equipment

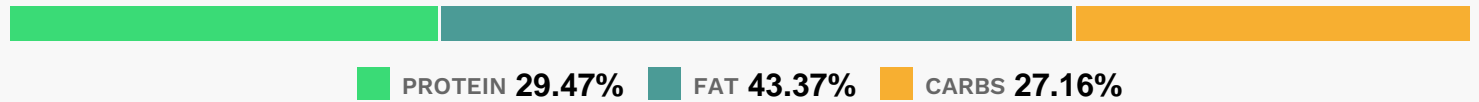
bowl

## Directions

Combine all ingredients except cilantro in serving bowl.

Top with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:20.301304250308%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## Nutrients (% of daily need)

Calories: 350.26kcal (17.51%), Fat: 17.46g (26.86%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 20.82g (7.57%), Sugar: 3.17g (3.52%), Cholesterol: 190.37mg (63.46%), Sodium: 461.02mg (20.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.38%), Vitamin A: 6416.92IU (128.34%), Vitamin K: 118.16µg (112.54%), Phosphorus: 394.83mg (39.48%), Folate: 119.96µg (29.99%), Copper: 0.54mg (26.8%), Potassium: 713.18mg (20.38%), Magnesium: 79.57mg (19.89%), Zinc: 2.27mg (15.13%), Fiber: 3.77g (15.09%), Manganese: 0.26mg (13%), Calcium: 124.06mg (12.41%), Vitamin C: 10.03mg (12.16%), Iron: 1.94mg (10.8%), Vitamin E: 1.43mg (9.51%), Vitamin B6: 0.19mg (9.26%), Vitamin B1: 0.13mg (8.6%), Vitamin B2: 0.13mg (7.39%), Vitamin B5: 0.66mg (6.56%), Vitamin B3: 1.23mg (6.16%), Selenium: 2.29µg (3.27%)