



Thai Shrimp Salad with Spicy-Sour Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup matchstick-cut carrots
- 1 teaspoon fish sauce
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup mint leaves fresh chopped
- 0.5 cup juice of lime fresh
- 4 ounces pasta uncooked
- 1.3 cups onion red vertically sliced
- 0.3 cup dry-roasted cashews unsalted chopped

- 4 cups torn romaine lettuce
- 12 ounces shrimp deveined peeled
- 1 tablespoon sriracha (such as huy fong) hot
- 1 tablespoon sugar

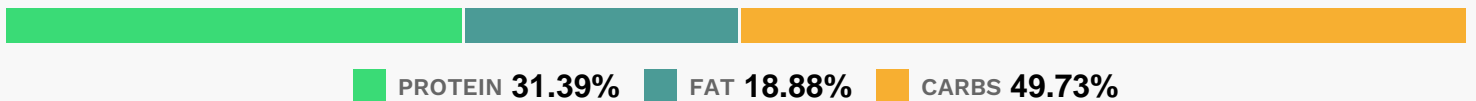
Equipment

- bowl
- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Add shrimp to pan during last 3 minutes of cook time.
- Drain and rinse with cold water.
- Drain.
- Combine juice, sugar, Sriracha, and fish sauce in a large bowl, stirring until sugar dissolves.
- Add pasta mixture, lettuce, and next 4 ingredients (through cilantro) to juice mixture; toss to coat.
- Place about 2 cups pasta mixture on each of 4 plates.
- Sprinkle each serving with 4 teaspoons cashews.

Nutrition Facts



Properties

Glycemic Index:42.77, Glycemic Load:11.64, Inflammation Score:-10, Nutrition Score:20.409564956051%

Flavonoids

Eriodictyol: 2.4mg, Eriodictyol: 2.4mg, Eriodictyol: 2.4mg, Eriodictyol: 2.4mg Hesperetin: 3.28mg, Hesperetin: 3.28mg, Hesperetin: 3.28mg, Hesperetin: 3.28mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin:

2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.87mg, Quercetin: 11.87mg,
Quercetin: 11.87mg, Quercetin: 11.87mg

Nutrients (% of daily need)

Calories: 297.95kcal (14.9%), Fat: 6.46g (9.94%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 38.3g (12.77%), Net
Carbohydrates: 34.37g (12.5%), Sugar: 8g (8.89%), Cholesterol: 136.93mg (45.64%), Sodium: 323.22mg (14.05%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.17g (48.34%), Vitamin A: 5524.9IU (110.5%), Vitamin K:
56.48µg (53.79%), Copper: 0.75mg (37.44%), Phosphorus: 331.65mg (33.17%), Manganese: 0.61mg (30.64%),
Selenium: 19.96µg (28.51%), Folate: 99.58µg (24.89%), Magnesium: 96.82mg (24.21%), Vitamin C: 19.36mg
(23.47%), Potassium: 641.97mg (18.34%), Zinc: 2.48mg (16.56%), Fiber: 3.93g (15.71%), Iron: 2.49mg (13.82%),
Calcium: 114.6mg (11.46%), Vitamin B6: 0.2mg (10.2%), Vitamin B1: 0.12mg (8.12%), Vitamin B2: 0.11mg (6.64%),
Vitamin B3: 1.08mg (5.42%), Vitamin B5: 0.49mg (4.89%), Vitamin E: 0.3mg (2.02%)