



## Thai-Style Tomato and Shrimp Salad

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

READY IN



**35 min.**

SERVINGS



**6**

CALORIES



**123 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 teaspoons asian fish sauce
- 2 pounds beefsteak tomatoes cut into 1-inch wedges
- 0.8 pounds cucumbers peeled cut into 1-inch pieces
- 0.5 cup cilantro leaves fresh loosely packed
- 3 small lemongrass stalks fresh
- 2 tablespoons juice of lime fresh
- 2 limes
- 0.3 cup bell pepper red finely chopped

- 0.5 teaspoon salt
- 3 scallions sliced
- 1 pound shrimp in shell (peeled per pound),
- 1 tablespoon sugar
- 0.5 cup thai anise basil leaves fresh loosely packed
- 0.5 cup thai lemon basil leaves fresh loosely packed
- 6 inch chiles such as thai fresh green minced (including seeds)

## Equipment

- sauce pan
- knife
- colander

## Directions

- Cook shrimp in a 4-quart saucepan of boiling salted water until just cooked through, 1 to 2 minutes, then drain in a colander and cool.
- Cut peel and white pith from limes with a sharp knife and discard.
- Cut lime segments free from membranes, then finely chop enough segments to measure 1/4 cup. Mince enough lemongrass from bottom 6 inches of stalks to measure 2 tablespoons total.
- Stir together chopped lime, minced lemongrass, lime juice, bell pepper, scallions, chiles, fish sauce (to taste), sugar, and salt until sugar is dissolved. Toss shrimp, tomatoes, and cucumbers with dressing and top with herbs.

## Nutrition Facts

 **PROTEIN 52.6%**  **FAT 6.14%**  **CARBS 41.26%**

## Properties

Glycemic Index:65.18, Glycemic Load:3.82, Inflammation Score:-9, Nutrition Score:14.867391450898%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 10.05mg, Hesperetin: 10.05mg, Hesperetin: 10.05mg, Hesperetin: 10.05mg Naringenin: 1.81mg, Naringenin: 1.81mg, Naringenin: 1.81mg, Naringenin: 1.81mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

## **Nutrients (% of daily need)**

Calories: 123.23kcal (6.16%), Fat: 0.91g (1.41%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 10.53g (3.83%), Sugar: 7.88g (8.76%), Cholesterol: 121.71mg (40.57%), Sodium: 530.82mg (23.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.61g (35.22%), Vitamin C: 46.92mg (56.87%), Vitamin K: 50.01µg (47.63%), Vitamin A: 1899.6IU (37.99%), Copper: 0.48mg (23.91%), Manganese: 0.45mg (22.69%), Phosphorus: 225.31mg (22.53%), Potassium: 747.5mg (21.36%), Magnesium: 63.88mg (15.97%), Fiber: 3.28g (13.13%), Folate: 47.14µg (11.78%), Vitamin B6: 0.21mg (10.61%), Zinc: 1.54mg (10.29%), Calcium: 95.75mg (9.58%), Iron: 1.59mg (8.84%), Vitamin E: 1.11mg (7.38%), Vitamin B1: 0.09mg (6.31%), Vitamin B3: 1.24mg (6.17%), Vitamin B2: 0.07mg (4.19%), Vitamin B5: 0.37mg (3.72%)