



Thai-Style Tomato and Shrimp Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 teaspoons fish sauce
- ☐ 2 lb beefsteak tomatoes cut into 1-inch wedges
- ☐ 0.8 lb cucumber peeled cut into 1-inch pieces
- ☐ 0.5 cup cilantro leaves fresh loosely packed
- ☐ 3 small lemon grass fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 lime
- ☐ 0.3 cup bell pepper red finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 3 spring onion sliced
- ☐ 1 lb shrimp peeled per lb),
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup thai basil fresh loosely packed
- ☐ 6 inch thai chile fresh green minced (including seeds)

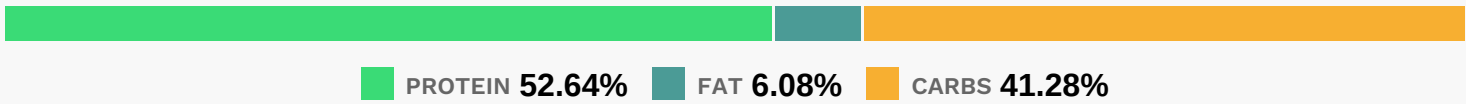
Equipment

- ☐ 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.
- ☐ *Available at Asian markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:3.8, Inflammation Score:-8, Nutrition Score:14.241739189495%

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: 122.77kcal (6.14%), Fat: 0.9g (1.39%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 10.51g (3.82%), Sugar: 7.87g (8.75%), Cholesterol: 121.71mg (40.57%), Sodium: 530.74mg (23.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.1%), Vitamin C: 46.56mg (56.44%), Vitamin K: 41.71µg (39.73%), Vitamin A: 1794.1IU (35.88%), Copper: 0.47mg (23.53%), Phosphorus: 224.19mg (22.42%), Manganese: 0.43mg (21.54%), Potassium: 741.6mg (21.19%), Magnesium: 62.6mg (15.65%), Fiber: 3.25g (13%), Folate: 45.78µg (11.44%), Vitamin B6: 0.21mg (10.46%), Zinc: 1.53mg (10.18%), Calcium: 92.21mg (9.22%), Iron: 1.53mg (8.49%), Vitamin E: 1.09mg (7.28%), Vitamin B1: 0.09mg (6.26%), Vitamin B3: 1.22mg (6.08%), Vitamin B2: 0.07mg (4.1%), Vitamin B5: 0.37mg (3.68%)