



## Tomato-and-Shrimp Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 30 servings baby arugula
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 5 bacon cooked chopped
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 4 large heirloom tomatoes cut into wedges
- ☐ 1 small jalapeno minced seeded
- ☐ 0.3 cup juice of lemon fresh

- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon salt
- ☐ 0.5 pound and shrimp deveined cooked peeled
- ☐ 0.5 onion sweet chopped

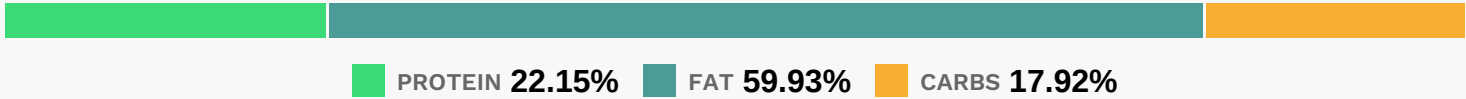
## Equipment

- ☐ bowl

## Directions

- ☐ Combine first 10 ingredients in a large bowl, stirring until well blended. Fold in tomatoes; cover and chill 1 hour.
- ☐ Stir in bacon.
- ☐ Serve shrimp mixture over watercress.

## Nutrition Facts



## Properties

Glycemic Index:7.8, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:3.1986956632008%

## Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

## Nutrients (% of daily need)

Calories: 43.64kcal (2.18%), Fat: 3.04g (4.67%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.49g (0.54%), Sugar: 1.2g (1.33%), Cholesterol: 13.49mg (4.5%), Sodium: 113.41mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin K: 15.31µg (14.58%), Vitamin A: 456.11IU (9.12%), Vitamin C: 6.61mg (8.02%), Manganese: 0.08mg (4.09%), Folate: 15.3µg (3.83%), Potassium: 133.26mg (3.81%),

Vitamin E: 0.55mg (3.66%), Phosphorus: 34.68mg (3.47%), Copper: 0.06mg (2.94%), Magnesium: 11.42mg (2.86%), Calcium: 25.87mg (2.59%), Vitamin B6: 0.05mg (2.35%), Fiber: 0.55g (2.21%), Iron: 0.31mg (1.73%), Vitamin B3: 0.33mg (1.67%), Zinc: 0.24mg (1.63%), Vitamin B1: 0.02mg (1.62%), Selenium: 0.77µg (1.1%), Vitamin B2: 0.02mg (1.09%)