



Tropical Shrimp Salad with Lime Dressing

 Dairy Free

READY IN



135 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 oz baby spinach leaves (5 cups)
- 2 Tbsp cilantro leaves finely chopped
- 0.3 tsp garlic powder
- 1 dash ground pepper red (cayenne)
- 1 tsp lime zest grated
- 1 medium cranberry-orange relish seedless peeled chopped
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 20 tops saltine crackers unsalted

1 lb shrimp cleaned cooked cut in half lengthwise

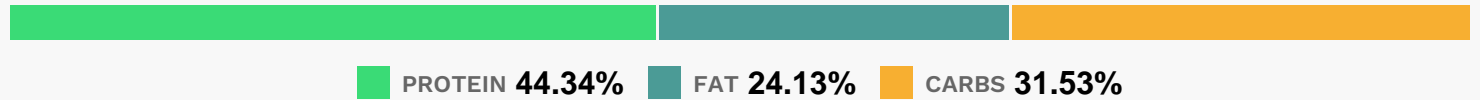
Equipment

bowl

Directions

- Mix mayo, cilantro, lime zest and juice, garlic powder and red pepper in large bowl until well blended.
- Add shrimp and oranges; toss to coat. Cover and refrigerate at least 2 hours or until chilled.
- Place spinach leaves on large platter or 4 individual salad plates; top evenly with shrimp mixture.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:35.88, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:18.968695873152%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 9.04mg, Hesperetin: 9.04mg, Hesperetin: 9.04mg, Hesperetin: 9.04mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 228.14kcal (11.41%), Fat: 6.2g (9.54%), Saturated Fat: 1.03g (6.47%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 16.22g (5.9%), Sugar: 4.1g (4.55%), Cholesterol: 185.56mg (61.85%), Sodium: 458.7mg (19.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.29%), Vitamin K: 185.64µg (176.8%), Vitamin A: 3434.35IU (68.69%), Vitamin C: 27.83mg (33.73%), Phosphorus: 283.87mg (28.39%), Copper: 0.53mg (26.53%), Folate: 99.79µg (24.95%), Manganese: 0.49mg (24.7%), Magnesium: 75.12mg (18.78%), Potassium: 590.29mg (16.87%), Iron: 2.46mg (13.68%), Calcium: 125.23mg (12.52%), Zinc: 1.86mg (12.37%), Vitamin B1: 0.16mg (10.95%), Vitamin E: 1.38mg (9.17%), Vitamin B2: 0.15mg (9.07%), Fiber: 2.02g (8.08%), Vitamin B3: 1.32mg (6.62%), Vitamin B6: 0.11mg (5.33%), Selenium: 2.6µg (3.71%), Vitamin B5: 0.19mg (1.91%)