



Vietnamese Shrimp and Green Melon Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons fish sauce
- ☐ 1.5 cups basil fresh
- ☐ 1.5 cups cilantro leaves fresh
- ☐ 1.5 cups mint leaves fresh
- ☐ 3 tablespoons juice of lime fresh
- ☐ 3 cups cavaillon melon or sliced
- ☐ 0.3 cup onion red
- ☐ 0.5 cup roasted cashews salted

- ☐ 0.5 serrano chiles sliced
- ☐ 1 pound shrimp deveined cleaned per lb.), poached
- ☐ 1 tablespoon sugar

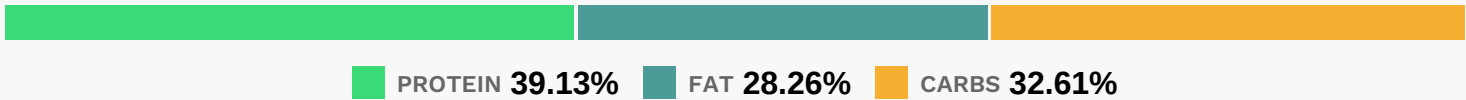
Equipment

- ☐ bowl

Directions

- ☐ Toss shrimp, herbs, onion, chile, and melon together in a large bowl.
- ☐ Mix together juice, sugar, and fish sauce, then pour over salad. Top with cashews.

Nutrition Facts



Properties

Glycemic Index:41.18, Glycemic Load:4.2, Inflammation Score:-10, Nutrition Score:16.849130349315%

Flavonoids

Eriodictyol: 3.64mg, Eriodictyol: 3.64mg, Eriodictyol: 3.64mg, Eriodictyol: 3.64mg Hesperetin: 1.82mg, Hesperetin: 1.82mg, Hesperetin: 1.82mg, Hesperetin: 1.82mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 184.75kcal (9.24%), Fat: 6.1g (9.38%), Saturated Fat: 1.16g (7.23%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 13.04g (4.74%), Sugar: 9.18g (10.2%), Cholesterol: 121.71mg (40.57%), Sodium: 659.48mg (28.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19g (38.01%), Vitamin A: 5074.31IU (101.49%), Vitamin K: 41.39µg (39.42%), Copper: 0.67mg (33.69%), Vitamin C: 25.3mg (30.66%), Phosphorus: 264.87mg (26.49%), Magnesium: 92.78mg (23.2%), Manganese: 0.36mg (18.12%), Potassium: 606.27mg (17.32%), Folate: 67.94µg (16.99%), Zinc: 2mg (13.3%), Iron: 2.3mg (12.79%), Calcium: 119.27mg (11.93%), Fiber: 2.8g (11.18%), Vitamin B6: 0.16mg (7.76%), Vitamin B3: 1.32mg (6.62%), Vitamin B5: 0.51mg (5.1%), Vitamin B2: 0.07mg (4.17%), Vitamin B1: 0.04mg (2.85%), Selenium: 1.99µg (2.84%), Vitamin E: 0.39mg (2.62%)