



Warm Edamame and Shrimp Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon sambal oelek chile paste
- ☐ 3 cup edamame according to package instruction frozen divided shelled cooked
- ☐ 8 clove garlic divided minced peeled
- ☐ 1 tablespoon catsup
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 0.3 cup juice of lime fresh divided
- ☐ 4 lime wedges

- ☐ 2 tablespoon mint leaves chopped
- ☐ 2 tablespoon mustard oil chinese (substitute sesame oil)
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 0.5 cup bell pepper diced red finely
- ☐ 1 tablespoon black sesame seeds
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon sriracha hot sauce plus more to taste
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water

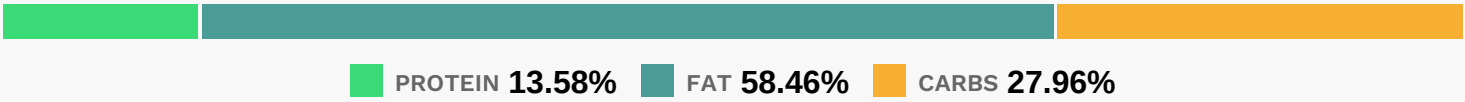
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ microwave

Directions

- ☐ Put the shrimp into a medium bowl.
- ☐ Whisk together 1 tablespoon lime juice, hot sauce, brown sugar, 6 cloves minced garlic, ketchup, thai bird chile, vegetable oil, mustard oil and soy sauce in another medium bowl.
- ☐ Place the remaining 2 ½ cups cooked shelled edamame in the bowl of a food processor.
- ☐ Place the shrimp onto the hot grill and cook approximately 1 to 2 minutes per side, until pink and nicely marked. Plate the salad: If you made this while the edamame was still warm, the puree will be ready to use. If you make it in advance, reheat it in a small skillet or the microwave. Then divide it evenly between 4 individual salad plates. Nestle 3 warm shrimps into the puree, then sprinkle some of the garnish on top.
- ☐ Serve with a lime wedges.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:1.45, Inflammation Score:-6, Nutrition Score:10.932608583699%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 9.35mg, Hesperetin: 9.35mg, Hesperetin: 9.35mg, Hesperetin: 9.35mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 379.67kcal (18.98%), Fat: 25.52g (39.27%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 21.24g (7.73%), Sugar: 8.51g (9.46%), Cholesterol: 0mg (0%), Sodium: 1225.87mg (53.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.69%), Vitamin C: 39.07mg (47.35%), Vitamin K: 26.88µg (25.6%), Fiber: 6.22g (24.88%), Iron: 4.15mg (23.07%), Potassium: 681.95mg (19.48%), Manganese: 0.32mg (15.81%), Vitamin A: 734.99IU (14.7%), Calcium: 145.49mg (14.55%), Vitamin E: 1.56mg (10.37%), Vitamin B6: 0.21mg (10.25%), Copper: 0.16mg (7.97%), Magnesium: 22.5mg (5.62%), Phosphorus: 55.13mg (5.51%), Vitamin B3: 1.08mg (5.38%), Folate: 19.83µg (4.96%), Vitamin B2: 0.07mg (4.24%), Vitamin B1: 0.06mg (4.04%), Zinc: 0.41mg (2.74%), Selenium: 1.85µg (2.64%), Vitamin B5: 0.23mg (2.29%)