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Pineapple Shrimp Salad ♦

A refreshing salad with pineapple and shrimp, perfect for a light lunch or dinner. The combination of sweet pineapple and savory shrimp creates a delicious flavor profile that is sure to please.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 5 mins

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Pineapple
250 g	Shrimp
100 g	lettuce
100 g	cucumber
50 g	red onion

30 ml	lime juice
30 ml	olive oil
5 g	salt
2 g	black pepper

Directions

Step 1

Peel and devein the shrimp.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Cutting

Cut the pineapple into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Slice the cucumber and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the shrimp, pineapple, lettuce, cucumber, and red onion.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

In a small bowl, whisk together the lime juice, olive oil, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Mixing

Drizzle the dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 12 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	3 g	7.89%	12%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	8 mg	0.24%	0.31%
Zinc	8 mg	72.73%	100%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

French

Course

Salads Snacks

Cultural

Chinese New Year

Diet

The Whole30 Diet Ornish Diet Nordic Diet Macrobiotic Diet
 Low FODMAP Diet Vegetarian Diet Ovo-Vegetarian Diet
 Lacto-Ovo Vegetarian Diet Engine 2 Diet Low Sodium Diet
 Nutrient Timing Diet The Scarsdale Diet The Cabbage Soup Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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