



Healthdor

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Shrimp Chopped Salad with Salad, Rice & Black Beans ♦

A delicious and healthy salad recipe with shrimp, salad greens, rice, and black beans. This salad is packed with flavors and nutrients, making it a perfect meal for lunch or dinner. It is easy to prepare and can be enjoyed by non-vegetarians.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Shrimp
200 g	salad greens
200 g	Rice
100 g	Black Beans

Directions

Step 1

Boiling

Cook the rice according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

Cook the shrimp in a pan until pink and cooked through.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Mixing

In a large bowl, combine the cooked rice, shrimp, salad greens, and black beans.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Serving

Serve the shrimp chopped salad with your favorite dressing.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 7 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	6 g	15.79%	24%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	350 mg	15.22%	15.22%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Game Day

Course

Salads Sauces & Dressings

Demographics

Teen Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet Paleo Diet The Whole30 Diet Atkins Diet Ketogenic Diet

Low Carb, High Fat (LCHF) Diet South Beach Diet

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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