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## Rock Shrimp Salad ••

A refreshing and light salad featuring rock shrimp as the main ingredient. Perfect for a summer lunch or dinner.

**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

400 g	rock shrimp
200 g	Mixed Greens
150 g	Cherry Tomatoes
100 g	cucumber
50 g	red onion
30 ml	lemon juice

45 ml	olive oil
5 g	salt
2 g	black pepper

## Directions

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### Step 1

In a large bowl, combine the mixed greens, cherry tomatoes, cucumber, and red onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Stove

Heat a pan over medium heat and cook the rock shrimp for 3-4 minutes, until cooked through.

**Prep Time:** 5 mins

**Cook Time:** 4 mins

## Step 4

Mixing

Add the cooked rock shrimp to the salad and drizzle with the dressing. Toss to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 8 g

**Protein:** 12 g

**Carbohydrates:** 10 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	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	25 mg	27.78%	33.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
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%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Summer

Fall

### Events

Thanksgiving

Picnic

### Course

Salads

Snacks

### Cultural

Chinese New Year

Oktoberfest

Halloween

### Demographics

Kids Friendly

Teen Friendly

Heart Healthy

### Diet

Volumetrics Diet

Vegan Diet

Raw Food Diet

Low Sodium Diet

The Gerson Therapy

The Breatharian Diet

The Werewolf Diet

### Cooking Method

Boiling

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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