



Avocado-Lime Shrimp Salad (Ensalada de Camarones con Aguacate y Limon)



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



266 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 avocados diced pitted peeled
- ☐ 1 bell pepper chopped (any color)
- ☐ 0.5 bunch cilantro leaves chopped
- ☐ 1 bunch green onion tops chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.3 pounds shrimp shelled deveined cooked

- ☐ 3 large tomatoes diced red
- ☐ 1 large tomatoes diced yellow

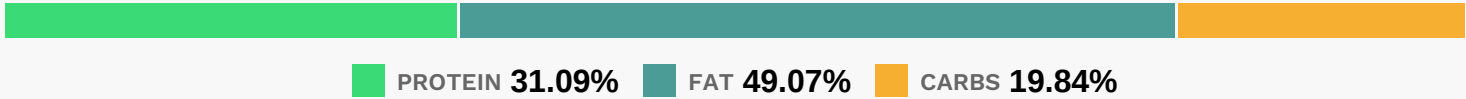
Equipment

- ☐ bowl

Directions

- ☐ Cut the shrimp into 2 or 3 pieces and place in a large bowl; add the avocado, green onion, red and yellow tomatoes, bell pepper, cilantro, and lime juice; mix. Season with salt and pepper. Refrigerate at least 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:1.99, Inflammation Score:-9, Nutrition Score:18.811304328234%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 265.62kcal (13.28%), Fat: 15.52g (23.87%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 5.71g (2.07%), Sugar: 4.07g (4.53%), Cholesterol: 152.14mg (50.71%), Sodium: 125.94mg (5.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.12g (44.24%), Vitamin C: 50.35mg (61.03%), Vitamin K: 39.81µg (37.91%), Fiber: 8.41g (33.64%), Vitamin A: 1613.66IU (32.27%), Copper: 0.63mg (31.26%), Potassium: 1016.54mg (29.04%), Phosphorus: 284.2mg (28.42%), Folate: 107.72µg (26.93%), Vitamin B6: 0.39mg (19.73%), Vitamin E: 2.94mg (19.57%), Magnesium: 76.17mg (19.04%), Manganese: 0.32mg (16.15%), Vitamin B5: 1.55mg (15.54%), Zinc: 2.14mg (14.26%), Vitamin B3: 2.52mg (12.61%), Vitamin B2: 0.17mg (10.01%), Calcium: 87.52mg (8.75%), Iron: 1.46mg (8.12%), Vitamin B1: 0.12mg (7.72%)