



 **20%**
HEALTH SCORE

Avocado-Mango Salad With Grilled Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pounds shrimp shelled deveined
- 2 haas avocados pitted cubed peeled
- 1 mangos diced peeled
- 4 servings lime wedges for serving
- 1.5 cups mangos diced peeled finely
- 0.3 cup red wine vinegar
- 2 tablespoons juice of lime fresh
- 1 tablespoon ginger fresh grated

- 2 tablespoons sugar
- 1 teaspoon dijon mustard
- 0.5 cup canola oil
- 1 tablespoon cilantro leaves chopped
- 0.5 teaspoon lime zest finely grated
- 1 scotch bonnet peppers diced seeded
- 1 scotch bonnet peppers diced seeded
- 0.3 cup onion red thinly sliced
- 4 servings pepper black freshly ground

Equipment

- bowl
- blender
- grill

Directions

- Preheat gas grill to high.
- Combine all dressing ingredients (except oil) in a blender and blend until smooth. While blender is running, remove lid and pour in oil in a steady stream. Continue blending for several seconds, then remove and set aside.
- Prepare the shrimp: Rinse shrimp and pat dry with a papertowel.
- Add about 1/3 cup of dressing and toss to coat.
- Let sit for 15 to 20 minutes. String onto wooden or metal skewars for grilling. Grill over high heat for about 2 to 3 minutes per side.
- Remove from grill, let cool, them remove from skewars.
- In a large bowl, combine mango, avocado and grilled shrimp.
- Add dressing to taste; toss lightly and serve.

Nutrition Facts



■ PROTEIN 36.81% ■ FAT 37.42% ■ CARBS 25.77%

Properties

Glycemic Index:126.4, Glycemic Load:13.26, Inflammation Score:-8, Nutrition Score:24.452608695652%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg 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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 507.88kcal (25.39%), Fat: 22.08g (33.97%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 25.24g (9.18%), Sugar: 23.1g (25.67%), Cholesterol: 365.14mg (121.71%), Sodium: 294.38mg (12.8%), Protein: 48.88g (97.75%), Vitamin C: 62.14mg (75.32%), Copper: 1.23mg (61.27%), Phosphorus: 563.18mg (56.32%), Potassium: 1334.74mg (38.14%), Fiber: 8.98g (35.91%), Folate: 134.52µg (33.63%), Magnesium: 124.86mg (31.21%), Vitamin K: 31.16µg (29.67%), Vitamin A: 1436.51IU (28.73%), Vitamin E: 4.15mg (27.67%), Zinc: 3.84mg (25.62%), Vitamin B6: 0.44mg (21.91%), Calcium: 176.7mg (17.67%), Manganese: 0.34mg (17.12%), Vitamin B5: 1.66mg (16.63%), Vitamin B3: 2.62mg (13.09%), Iron: 2.11mg (11.74%), Vitamin B2: 0.19mg (10.89%), Vitamin B1: 0.11mg (7.51%), Selenium: 1.65µg (2.36%)