



HEALTH SCORE

65%

Avocado, Shrimp, and Endive Salad



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



1196 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocado (preferably Hass)
- ☐ 1 lb belgian endive (4 heads)
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 2.5 teaspoons salt

☐ 0.8 lb shells deveined peeled (18 to 20)

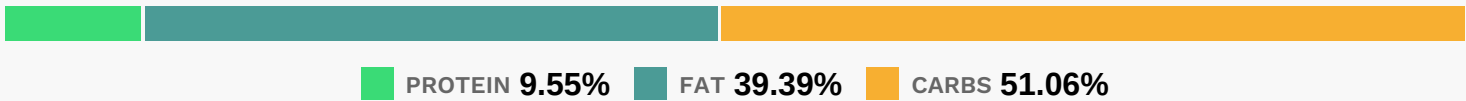
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Bring 2 quarts water, 1 tablespoon lemon juice, and 2 teaspoons salt to a boil in a 3-quart saucepan, then poach shrimp at a bare simmer, uncovered, until just cooked through, about 3 minutes.
- ☐ Transfer with a slotted spoon to a bowl of ice and cold water to stop cooking.
- ☐ Let shrimp chill in water 2 minutes, then drain and pat dry.
- ☐ Whisk together tarragon, mustard, pepper, and remaining 2 tablespoons lemon juice and 1/2 teaspoon salt in a serving bowl.
- ☐ Add oil in a slow stream, whisking until emulsified.
- ☐ Quarter avocados lengthwise, then pit, peel, and cut into bite-size pieces.
- ☐ Add shrimp, avocados, and endive to dressing and toss.

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:53.63, Inflammation Score:-9, Nutrition Score:42.96652184362%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg,

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1195.81kcal (59.79%), Fat: 53.83g (82.81%), Saturated Fat: 7.8g (48.72%), Carbohydrates: 156.96g (52.32%), Net Carbohydrates: 130.42g (47.42%), Sugar: 6.51g (7.23%), Cholesterol: 0mg (0%), Sodium: 2993.53mg (130.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.36g (58.71%), Selenium: 110.66µg (158.08%), Manganese: 2.41mg (120.69%), Fiber: 26.55g (106.18%), Folate: 291.82µg (72.96%), Potassium: 1973.21mg (56.38%), Vitamin K: 55.51µg (52.86%), Copper: 1.03mg (51.29%), Phosphorus: 503.52mg (50.35%), Vitamin E: 7.43mg (49.5%), Vitamin B6: 0.95mg (47.61%), Magnesium: 187.52mg (46.88%), Vitamin C: 36.93mg (44.76%), Vitamin B5: 3.9mg (39.02%), Vitamin B3: 7.12mg (35.58%), Vitamin B1: 0.45mg (30.15%), Iron: 5.26mg (29.2%), Zinc: 4.24mg (28.25%), Vitamin B2: 0.48mg (28.15%), Calcium: 150.41mg (15.04%), Vitamin A: 512.5IU (10.25%)