



Avocado stuffed with Shrimp (Aguacates Rellenos de Camarones)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

SIDE DISH

Ingredients

- ☐ 3 avocados ripe
- ☐ 3 tablespoons cilantro leaves fresh plus more for garnish
- ☐ 3 tablespoons parsley fresh
- ☐ 2 juice of lime
- ☐ 6 servings lettuce for serving
- ☐ 0.3 cup onion finely chopped
- ☐ 0.8 cup salsa rosada

- ☐ 6 servings salt and pepper
- ☐ 24 shrimp deveined peeled

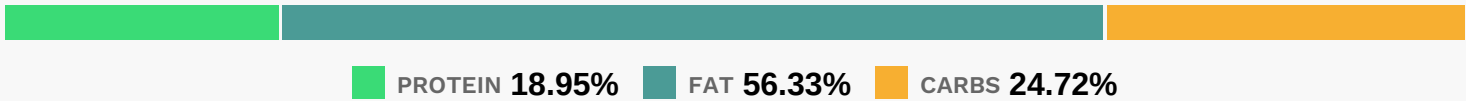
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring water to a boil in a small pot.
- ☐ Add the shrimp, cover and turn the heat off. Leave the shrimp in the water for 5 minutes and drain.In a medium bowl, place the shrimp, onion, salsa rosada, cilantro, parsley, salt and pepper.
- ☐ Mix well.
- ☐ Cut the avocados lengthwise and remove the pit, drizzle with the lime juice and sprinkle with salt and pepper.
- ☐ Place the lettuce in a serving plate and place the avocados on top. Fill each avocado with the shrimp mixture.
- ☐ Sprinkle with fresh cilantro and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:1.4, Inflammation Score:-8, Nutrition Score:16.378695487976%

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: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.43mg, Apigenin: 4.43mg, Apigenin: 4.43mg, Apigenin: 4.43mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg

0.33mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 222.62kcal (11.13%), Fat: 15.19g (23.38%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 6.39g (2.32%), Sugar: 4.13g (4.58%), Cholesterol: 64.4mg (21.47%), Sodium: 472.2mg (20.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.5g (23%), Vitamin K: 77.43µg (73.74%), Fiber: 8.61g (34.45%), Folate: 113.95µg (28.49%), Potassium: 835.96mg (23.88%), Vitamin C: 19.37mg (23.47%), Copper: 0.4mg (19.98%), Vitamin A: 936.62IU (18.73%), Vitamin B6: 0.37mg (18.34%), Vitamin E: 2.68mg (17.87%), Phosphorus: 170.65mg (17.06%), Manganese: 0.32mg (15.94%), Vitamin B5: 1.57mg (15.72%), Magnesium: 56.77mg (14.19%), Vitamin B3: 2.27mg (11.36%), Vitamin B2: 0.17mg (9.93%), Zinc: 1.42mg (9.47%), Vitamin B1: 0.12mg (8.17%), Iron: 1.41mg (7.86%), Calcium: 68.73mg (6.87%), Selenium: 0.83µg (1.19%)