



Bay Shrimp and Avocado Salad

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



484 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado pitted ripe halved
- ☐ 1 cup carrots shredded rinsed drained
- ☐ 0.5 cup cut corn kernels frozen thawed
- ☐ 0.5 cup peas frozen thawed
- ☐ 2 servings salt and pepper
- ☐ 8 ounces bay shrimp fresh
- ☐ 4 tablespoons favorite vinaigrette recommended: Champagne vinaigrette

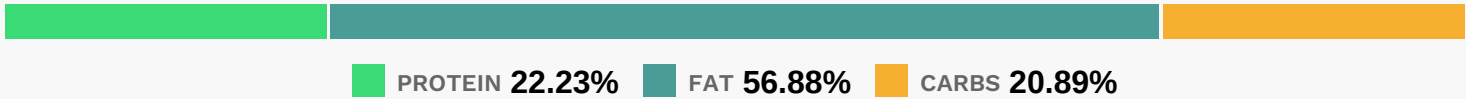
Equipment

☐ bowl

Directions

- ☐ Toss shrimp, carrots, peas, corn, and 3 tablespoons vinaigrette in a medium bowl to coat. Season shrimp salad, to taste, with salt and pepper.
- ☐ Place 1 avocado half on each of 2 plates. Divide shrimp salad on top of avocado halves.
- ☐ Drizzle the remaining 1 tablespoon of vinaigrette over avocado halves and serve.

Nutrition Facts



Properties

Glycemic Index:65.58, Glycemic Load:4.17, Inflammation Score:-10, Nutrition Score:25.74913036305%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 483.94kcal (24.2%), Fat: 32.18g (49.51%), Saturated Fat: 5.31g (33.21%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 15.18g (5.52%), Sugar: 8.37g (9.3%), Cholesterol: 182.57mg (60.86%), Sodium: 466.11mg (20.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.3g (56.6%), Vitamin A: 11134.33IU (222.69%), Vitamin K: 70.16µg (66.82%), Fiber: 11.41g (45.65%), Phosphorus: 375.34mg (37.53%), Copper: 0.74mg (37.03%), Vitamin C: 28.98mg (35.13%), Folate: 132.3µg (33.07%), Potassium: 1136.77mg (32.48%), Vitamin E: 4.06mg (27.08%), Magnesium: 93.81mg (23.45%), Manganese: 0.47mg (23.38%), Vitamin B6: 0.42mg (21.15%), Zinc: 2.9mg (19.32%), Vitamin B3: 3.55mg (17.73%), Vitamin B5: 1.75mg (17.54%), Vitamin B2: 0.25mg (14.83%), Vitamin B1: 0.22mg (14.74%), Calcium: 116.17mg (11.62%), Iron: 1.98mg (11%), Selenium: 1.88µg (2.68%)