



Bay Shrimp and Avocado Salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



457 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup citrus champagne vinegar
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 green onion thinly sliced
- ☐ 1 pinch salt
- ☐ 0.8 pound extra shrimp that are cooked peeled roughly chopped
- ☐ 3 avocados ripe
- ☐ 1 leaf lettuce - preferably butter lettuce red
- ☐ 2 tablespoons roasted hazelnuts chopped

- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 slices optional: lemon for garnish

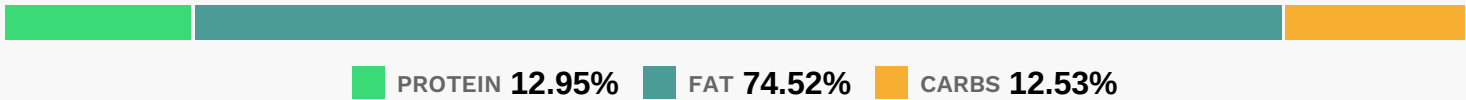
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together the oil, vinegar, chopped green onion and salt in a medium bowl.
- ☐ Add the shrimp and toss to coat with the dressing.
- ☐ Arrange leaves of lettuce on individual plates.
- ☐ Cut two of the avocados in half and remove pits. (See How to Peel and
- ☐ Cut an Avocado.) With a spoon, carefully scoop out avocado halves from their skins in one piece.
- ☐ Place avocado half on plate with lettuce.
- ☐ Peel and chop the remaining avocado and mix it with the shrimp.
- ☐ Spoon shrimp mixture onto avocado.
- ☐ Sprinkle with nuts and/or cilantro if using.
- ☐ Serve with lemon slices for garnish.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:22.361738984999%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Epigallocatechin 3–gallate: 0.28mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 457.14kcal (22.86%), Fat: 39.58g (60.89%), Saturated Fat: 5.4g (33.73%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 4.22g (1.54%), Sugar: 1.36g (1.51%), Cholesterol: 107.16mg (35.72%), Sodium: 503.83mg (21.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.47g (30.95%), Vitamin K: 51.11µg (48.67%), Vitamin E: 6.97mg (46.44%), Fiber: 10.76g (43.03%), Folate: 148.83µg (37.21%), Selenium: 25.95µg (37.07%), Phosphorus: 304.28mg (30.43%), Manganese: 0.57mg (28.34%), Vitamin B6: 0.56mg (27.95%), Copper: 0.53mg (26.63%), Potassium: 887.35mg (25.35%), Vitamin B5: 2.42mg (24.15%), Vitamin B3: 4.26mg (21.29%), Vitamin C: 17.12mg (20.75%), Magnesium: 72.43mg (18.11%), Vitamin B12: 0.94µg (15.73%), Zinc: 1.94mg (12.92%), Vitamin B2: 0.22mg (12.92%), Vitamin A: 535.43IU (10.71%), Vitamin B1: 0.15mg (10.31%), Iron: 1.49mg (8.27%), Calcium: 74.75mg (7.47%)