



Blackened Shrimp with Tropical Pico de Gallo Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons canola oil divided
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.3 teaspoon ground chipotle chile powder
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 pounds shrimp deveined peeled

- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.5 cups mangos diced ripe peeled
- ☐ 1 teaspoon oregano dried
- ☐ 1 tablespoon paprika
- ☐ 1.5 cups pineapple diced
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon serrano chile seeded finely chopped
- ☐ 1 teaspoon sugar

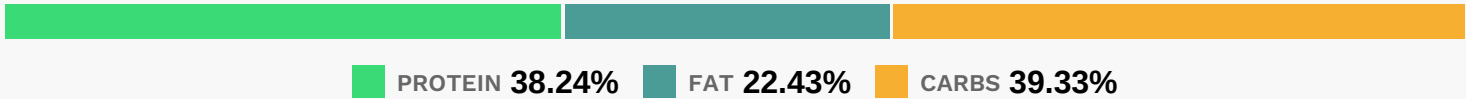
Equipment

- ☐ frying pan

Directions

- ☐ To prepare pico de gallo, combine first 8 ingredients; toss well.
- ☐ To prepare shrimp, combine paprika and next 7 ingredients (through chipotle chile powder) in a shallow dish. Dredge shrimp in paprika mixture.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of shrimp to pan; cook 2 minutes on each side or until shrimp are done. Repeat procedure with remaining 2 teaspoons oil and shrimp.
- ☐ Serve shrimp over pico de gallo.

Nutrition Facts



Properties

Glycemic Index:75.38, Glycemic Load:9.97, Inflammation Score:-10, Nutrition Score:25.455652148827%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 253.66kcal (12.68%), Fat: 6.5g (10.01%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 25.66g (8.55%), Net Carbohydrates: 22g (8%), Sugar: 17.58g (19.54%), Cholesterol: 214.32mg (71.44%), Sodium: 1115.79mg (48.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.89%), Vitamin C: 80.08mg (97.07%), Selenium: 51.24µg (73.2%), Vitamin A: 2535.64IU (50.71%), Phosphorus: 452.32mg (45.23%), Manganese: 0.8mg (39.95%), Vitamin B12: 1.89µg (31.47%), Vitamin E: 4.52mg (30.11%), Vitamin B6: 0.56mg (27.91%), Copper: 0.49mg (24.29%), Folate: 86.15µg (21.54%), Vitamin B3: 4.22mg (21.11%), Magnesium: 63.22mg (15.81%), Fiber: 3.66g (14.63%), Potassium: 508.8mg (14.54%), Vitamin K: 14.93µg (14.22%), Zinc: 2.01mg (13.42%), Calcium: 133.81mg (13.38%), Iron: 1.87mg (10.38%), Vitamin B5: 0.93mg (9.3%), Vitamin B1: 0.14mg (9%), Vitamin B2: 0.12mg (7.08%), Vitamin D: 0.17µg (1.13%)