



Caribbean Cobb Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup avocado peeled chopped
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.3 cup cashew pieces unsalted toasted chopped
- ☐ 2 ounces monterrey jack cheese shredded reduced-fat
- ☐ 1 cup orange-soy vinaigrette
- ☐ 1 cup papaya cubed peeled
- ☐ 1 cup pineapple fresh cubed
- ☐ 0.5 cup bell pepper green red chopped

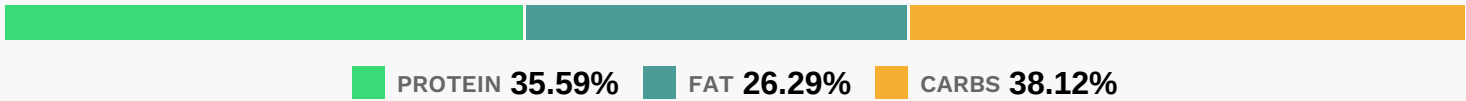
- ☐ 4 cups torn romaine lettuce
- ☐ 1 pound shrimp cooked peeled

Equipment

Directions

- ☐ Arrange lettuce on a serving platter. Spoon the shrimp down center of platter; arrange papaya, pineapple, avocado, bell pepper, black beans, and cheese in rows on either side of shrimp.
- ☐ Drizzle Orange-Soy Vinaigrette over salad; sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:65.53, Glycemic Load:7.26, Inflammation Score:-10, Nutrition Score:31.291739331639%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 389.13kcal (19.46%), Fat: 11.84g (18.22%), Saturated Fat: 4g (24.98%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 26.23g (9.54%), Sugar: 12.69g (14.09%), Cholesterol: 195.19mg (65.06%), Sodium: 638.04mg (27.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.07g (72.14%), Vitamin C: 86.61mg (104.99%), Vitamin A: 4760.92IU (95.22%), Vitamin K: 57.79µg (55.04%), Phosphorus: 508.91mg (50.89%), Fiber: 12.41g (49.66%), Copper: 0.98mg (49.04%), Manganese: 0.95mg (47.5%), Folate: 184.26µg (46.07%), Magnesium: 134.95mg (33.74%), Potassium: 1121.24mg (32.04%), Calcium: 268.5mg (26.85%), Iron: 4.12mg (22.91%), Zinc: 3.35mg (22.31%), Vitamin B1: 0.32mg (21.46%), Vitamin B2: 0.29mg (17.02%), Vitamin B6: 0.31mg (15.72%), Vitamin B5: 0.91mg (9.08%), Vitamin B3: 1.78mg (8.89%), Selenium: 5.78µg (8.26%), Vitamin E: 0.82mg (5.48%), Vitamin B12: 0.12µg (1.96%)