



Caribbean Seafood Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz firm-ripe avocado
- ☐ 8 ounces bay scallops rinsed
- ☐ 1 clove garlic peeled
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.3 cup juice of lime

- ☐ 1.3 lb firm-ripe mango
- ☐ 12 oz baby lettuce salad mix rinsed
- ☐ 0.5 cup salad oil
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces shrimp shelled deveined rinsed per lb.),

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 2 1/2 to 3 quarts water to a boil.
- ☐ Add shrimp and cook for 1 minute.
- ☐ Add scallops, cover tightly, and remove pan from heat.
- ☐ Let stand until shrimp and scallops are barely opaque but still moist-looking in center of thickest part (cut to test), 2 to 3 minutes.
- ☐ Drain and rinse in cold water until cool.
- ☐ Meanwhile, peel and pit mango. Slice fruit lengthwise about 1/2 inch thick. Coarsely chop enough of the scraps to make 1/2 cup. In a blender or food processor, whirl chopped mango, oil, lime juice, cumin, ginger, cinnamon, and garlic until smooth.
- ☐ Add 1/2 teaspoon hot sauce and 1/2 teaspoon salt; taste, and add more hot sauce and salt if desired.
- ☐ Peel and pit avocado. Slice lengthwise about 1/2 inch thick.
- ☐ In a large bowl, gently mix shrimp and scallops, mango dressing, salad mix, and mango slices. Mound equal portions on four dinner plates.
- ☐ Garnish with avocado slices and taro chips.
- ☐ Add salt to taste.

Nutrition Facts

PROTEIN 24.61% FAT 38.6% CARBS 36.79%

Properties

Glycemic Index:32.94, Glycemic Load:10.32, Inflammation Score:-9, Nutrition Score:22.606086772421%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 333.23kcal (16.66%), Fat: 15.18g (23.36%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 32.56g (10.85%), Net Carbohydrates: 26.29g (9.56%), Sugar: 20.08g (22.31%), Cholesterol: 104.89mg (34.96%), Sodium: 622.06mg (27.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.78g (43.56%), Vitamin C: 82.17mg (99.6%), Vitamin A: 2596.4IU (51.93%), Phosphorus: 398.28mg (39.83%), Folate: 149.05µg (37.26%), Copper: 0.55mg (27.64%), Potassium: 955.12mg (27.29%), Fiber: 6.27g (25.09%), Vitamin E: 3.48mg (23.17%), Manganese: 0.45mg (22.64%), Vitamin B6: 0.44mg (22.13%), Vitamin K: 22.02µg (20.97%), Magnesium: 75.25mg (18.81%), Vitamin B3: 2.87mg (14.33%), Vitamin B12: 0.8µg (13.32%), Zinc: 1.99mg (13.27%), Vitamin B5: 1.32mg (13.16%), Selenium: 8.95µg (12.79%), Vitamin B2: 0.18mg (10.79%), Iron: 1.84mg (10.23%), Calcium: 80.7mg (8.07%), Vitamin B1: 0.11mg (7.62%)