



Caribbean Shrimp Salad with Lime Vinaigrette

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup avocado diced peeled
- 8 cups baby spinach fresh
- 2 tablespoons sriracha (such as Lee Kum Kee)
- 2 tablespoons pumpkinseed kernels unsalted
- 2 garlic cloves minced
- 0.5 cup green onions thinly sliced
- 0.5 teaspoon ground cumin
- 0.3 cup juice of lime fresh (3 large limes)

- 1 tablespoon lime rind grated
- 1 cup mangos peeled chopped (1 large)
- 1.5 tablespoons olive oil
- 0.5 teaspoon paprika
- 1 cup julienne-cut radishes
- 1 Dash salt
- 5 tablespoons seasoned rice vinegar divided
- 1.5 pounds shrimp cooked chopped

Equipment

- bowl
- whisk

Directions

- Combine shrimp, 2 tablespoons vinegar, and chili garlic sauce in a large bowl; toss well. Cover and chill 1 hour.
- Combine remaining 3 tablespoons vinegar, oil, and next 6 ingredients (through salt) in a small bowl, stirring with a whisk.
- Place 2 cups spinach on each of 4 plates; top each serving with 1 cup shrimp mixture. Arrange 1/4 cup mango, 1/4 cup radishes, and 1 tablespoon avocado around shrimp on each plate. Top each serving with 2 tablespoons green onions and 1 1/2 teaspoons pumpkinseed kernels.
- Drizzle each salad with 2 tablespoons vinaigrette.

Nutrition Facts



Properties

Glycemic Index:79.94, Glycemic Load:3.75, Inflammation Score:-10, Nutrition Score:26.522608580797%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 18.32mg, Pelargonidin: 18.32mg, Pelargonidin: 18.32mg, Pelargonidin: 18.32mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 4.27mg, Kaempferol: 4.27mg, Kaempferol: 4.27mg, Kaempferol: 4.27mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 279.7kcal (13.99%), Fat: 8.14g (12.52%), Saturated Fat: 1.22g (7.59%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 12.14g (4.41%), Sugar: 8.93g (9.93%), Cholesterol: 273.86mg (91.29%), Sodium: 708.33mg (30.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.28g (74.55%), Vitamin K: 323.25µg (307.86%), Vitamin A: 6350.95IU (127.02%), Vitamin C: 45.04mg (54.59%), Phosphorus: 425.4mg (42.54%), Copper: 0.85mg (42.43%), Folate: 161.54µg (40.39%), Manganese: 0.73mg (36.67%), Magnesium: 123.37mg (30.84%), Potassium: 1046.32mg (29.89%), Calcium: 199.88mg (19.99%), Zinc: 2.9mg (19.36%), Vitamin E: 2.73mg (18.22%), Iron: 3.23mg (17.97%), Fiber: 4.14g (16.55%), Vitamin B6: 0.25mg (12.63%), Vitamin B2: 0.18mg (10.43%), Vitamin B1: 0.09mg (5.82%), Vitamin B3: 1.16mg (5.79%), Vitamin B5: 0.37mg (3.71%), Selenium: 1.54µg (2.2%)