



CATALINA Caribbean Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup classic catalina dressing kraft
- 0.5 cup baker's angel flake coconut
- 1 mangos peeled cut into chunks
- 8 cups torn salad greens mixed
- 1 lb shrimp cleaned cooked

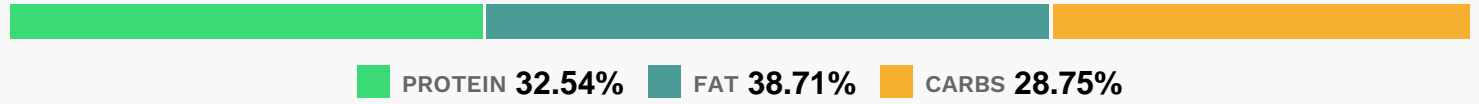
Equipment

- bowl

Directions

- Toss first 4 ingredients in large bowl.
- Add dressing; mix lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.94, Glycemic Load:3.59, Inflammation Score:-8, Nutrition Score:12.096086989278%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 302.24kcal (15.11%), Fat: 13.19g (20.29%), Saturated Fat: 7.16g (44.72%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 19.48g (7.08%), Sugar: 16.15g (17.95%), Cholesterol: 182.57mg (60.86%), Sodium: 546.13mg (23.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.95g (49.9%), Vitamin C: 37.56mg (45.52%), Copper: 0.63mg (31.27%), Phosphorus: 303mg (30.3%), Vitamin A: 1468.73IU (29.37%), Manganese: 0.48mg (23.96%), Potassium: 581.6mg (16.62%), Magnesium: 63.23mg (15.81%), Folate: 52.81µg (13.2%), Zinc: 1.95mg (12.98%), Fiber: 2.56g (10.24%), Calcium: 91.43mg (9.14%), Iron: 1.53mg (8.5%), Vitamin B6: 0.16mg (7.87%), Vitamin B3: 0.85mg (4.25%), Vitamin B2: 0.07mg (4.13%), Selenium: 2.6µg (3.71%), Vitamin E: 0.51mg (3.42%), Vitamin B1: 0.04mg (2.99%), Vitamin B5: 0.28mg (2.83%), Vitamin K: 2.21µg (2.1%)