



Chipotle Lime Grilled Shrimp Salad in Cilantro Lime Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large avocado diced
- ☐ 1 cup black beans rinsed drained
- ☐ 1 cup regular corn (- 2 ears)
- ☐ 6 cups lettuce sliced (- 1 head)
- ☐ 0.3 cup cilantro lime vinaigrette
- ☐ 1 pound chipotle lime grilled shrimp
- ☐ 0.3 cup onion green red sliced

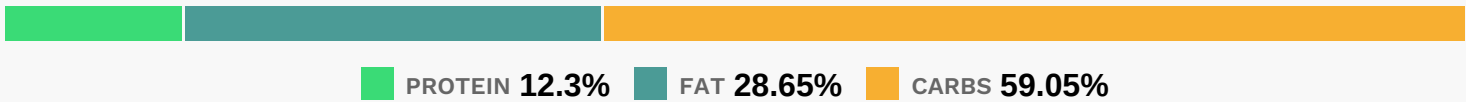
1 cup tomatoes diced sliced

Equipment

Directions

Assemble the salad, toss in dressing and enjoy!

Nutrition Facts



Properties

Glycemic Index:72.88, Glycemic Load:10.3, Inflammation Score:-9, Nutrition Score:19.678695657979%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 51.34mg, Hesperetin: 51.34mg, Hesperetin: 51.34mg, Hesperetin: 51.34mg Naringenin: 4.31mg, Naringenin: 4.31mg, Naringenin: 4.31mg, Naringenin: 4.31mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 233.76kcal (11.69%), Fat: 8.67g (13.34%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 26.93g (9.79%), Sugar: 7.35g (8.17%), Cholesterol: 0mg (0%), Sodium: 20.38mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.76%), Vitamin C: 51.19mg (62.05%), Fiber: 13.28g (53.12%), Vitamin K: 53.33µg (50.79%), Folate: 164.09µg (41.02%), Manganese: 0.52mg (26.18%), Potassium: 859.89mg (24.57%), Vitamin A: 1151.66IU (23.03%), Magnesium: 74.75mg (18.69%), Vitamin B1: 0.27mg (18.11%), Vitamin B6: 0.34mg (17.13%), Phosphorus: 170.32mg (17.03%), Copper: 0.34mg (16.8%), Iron: 2.7mg (15.03%), Vitamin B5: 1.5mg (15.02%), Vitamin B3: 2.37mg (11.83%), Vitamin E: 1.77mg (11.78%), Vitamin B2: 0.18mg (10.33%), Zinc: 1.42mg (9.49%), Calcium: 85.86mg (8.59%), Selenium: 1.42µg (2.02%)