



Citrus Shrimp Refresher



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado cubed
- ☐ 1 cucumber peeled chopped
- ☐ 4 teaspoons cilantro leaves fresh minced
- ☐ 1 pink grapefruit peeled sliced
- ☐ 1 lime peeled sliced
- ☐ 8 large shrimp peeled

Equipment

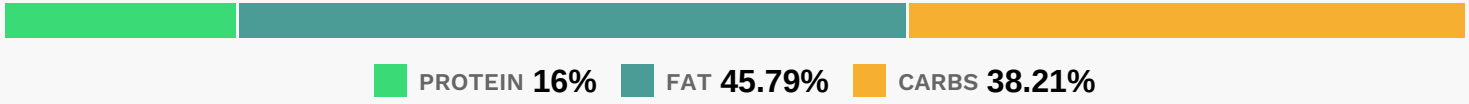
- ☐ bowl

Directions

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Combine all ingredients in a small bowl; marinate for 10 minutes. Distribute evenly into 4 chilled martini glasses; serve.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.4, Inflammation Score:-7, Nutrition Score:9.7573912480603%

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: 7.43mg, Hesperetin: 7.43mg, Hesperetin: 7.43mg, Hesperetin: 7.43mg Naringenin: 21.46mg, Naringenin: 21.46mg, Naringenin: 21.46mg, Naringenin: 21.46mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 138.33kcal (6.92%), Fat: 7.73g (11.9%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 9.13g (3.32%), Sugar: 6.06g (6.73%), Cholesterol: 32.2mg (10.73%), Sodium: 29.2mg (1.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin C: 32.29mg (39.14%), Fiber: 5.39g (21.55%), Vitamin A: 878.49IU (17.57%), Vitamin K: 16.36µg (15.58%), Folate: 60.92µg (15.23%), Potassium: 502.52mg (14.36%), Copper: 0.26mg (12.93%), Vitamin B5: 1.08mg (10.83%), Vitamin B6: 0.21mg (10.43%), Phosphorus: 99.26mg (9.93%), Magnesium: 37.36mg (9.34%), Vitamin E: 1.19mg (7.9%), Manganese: 0.15mg (7.43%), Vitamin B2: 0.11mg (6.32%), Vitamin B1: 0.09mg (5.97%), Vitamin B3: 1.07mg (5.34%), Zinc: 0.78mg (5.21%), Calcium: 49mg (4.9%), Iron: 0.7mg (3.88%)