



Coastal Avocado Salad with Grapes and Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound shrimp
- 1 cup grapes seedless quartered
- 0.5 cup celery chopped
- 0.5 cup water chestnuts chopped
- 2 spring onion sliced
- 2 tablespoons mayonnaise
- 2 tablespoons sherry dry

- 0.3 teaspoon salt
- 0.3 teaspoon pepper black freshly ground
- 3 drops sesame oil toasted
- 1 pinch ground mustard dry
- 1 tablespoon sesame seed

Equipment

- bowl

Directions

- In a medium bowl, combine the shrimp, grapes, celery, water chestnuts and the sliced whites of the green onion. In a small bowl, combine the mayonnaise, sherry, salt, pepper, sesame oil and dry mustard. Gently mix with shrimp and grape mixture.
- Sprinkle with the sliced green part of the onion and the sesame seeds. Refrigerate until ready to serve.
- Serves

Nutrition Facts



PROTEIN 43.47% **FAT 31.47%** **CARBS 25.06%**

Properties

Glycemic Index:60.5, Glycemic Load:3.28, Inflammation Score:-2, Nutrition Score:8.9739130434783%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Taste

Sweetness: 100%, Saltiness: 8.16%, Sourness: 24.52%, Bitterness: 12.3%, Savoriness: 4.15%, Fattiness: 93.63%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 221.58kcal (11.08%), Fat: 7.77g (11.96%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 11.83g (4.3%), Sugar: 7.38g (8.2%), Cholesterol: 185.51mg (61.84%), Sodium: 340.59mg (14.81%), Alcohol: 0.77g (4.29%), Protein: 24.16g (48.31%), Vitamin K: 33.48µg (31.88%), Copper: 0.63mg (31.57%), Phosphorus: 281.61mg (28.16%), Potassium: 492.46mg (14.07%), Magnesium: 56.16mg (14.04%), Zinc: 1.94mg (12.96%), Calcium: 109.46mg (10.95%), Manganese: 0.21mg (10.66%), Iron: 1.59mg (8.81%), Fiber: 2.1g (8.39%), Vitamin B6: 0.14mg (6.85%), Vitamin E: 0.62mg (4.12%), Vitamin C: 3.31mg (4.01%), Vitamin B1: 0.06mg (3.72%), Folate: 14.47µg (3.62%), Vitamin B2: 0.06mg (3.38%), Vitamin A: 146.91IU (2.94%), Selenium: 1.82µg (2.6%), Vitamin B3: 0.41mg (2.07%), Vitamin B5: 0.14mg (1.37%)