



HEALTH SCORE

64%

Coastal Shrimp Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



2 medium avocados peeled sliced



3 ounce shrimp-and-crab boil in bag mix



2 large pink grapefruit peeled



4 servings cream-horseradish dressing sour



6 cups salad greens mixed



3 large oranges peeled



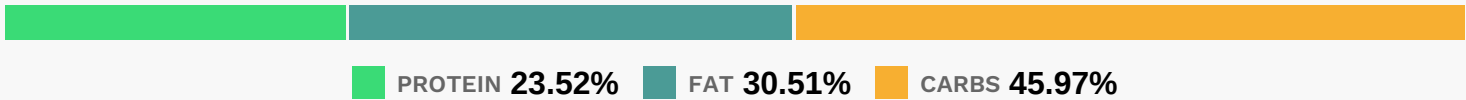
1 pound shrimp fresh unpeeled

Equipment

Directions

- ☐ Cook shrimp in shrimp-and-crab boil according to package directions.
- ☐ Drain and rinse with cold water. Peel shrimp, and devein, if desired. Chill.
- ☐ Arrange salad greens on individual plates; top with shrimp, fruit, and avocado.
- ☐ Serve with Sour Cream Horseradish Dressing.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:10.17, Inflammation Score:-10, Nutrition Score:39.051304672075%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 38.19mg, Hesperetin: 38.19mg, Hesperetin: 38.19mg Naringenin: 75.32mg, Naringenin: 75.32mg, Naringenin: 75.32mg, Naringenin: 75.32mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 469.04kcal (23.45%), Fat: 17.43g (26.81%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 59.06g (19.69%), Net Carbohydrates: 43.79g (15.92%), Sugar: 26.06g (28.95%), Cholesterol: 182.57mg (60.86%), Sodium: 184.32mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.23g (60.45%), Vitamin C: 152.97mg (185.42%), Vitamin K: 192.42µg (183.25%), Manganese: 1.8mg (90.18%), Vitamin A: 3607.55IU (72.15%), Fiber: 15.27g (61.08%), Iron: 9.32mg (51.77%), Folate: 198.78µg (49.69%), Copper: 0.96mg (48.08%), Potassium: 1521.61mg (43.47%), Phosphorus: 405.44mg (40.54%), Calcium: 398.73mg (39.87%), Magnesium: 153.15mg (38.29%), Vitamin B6: 0.76mg (38.07%), Vitamin B5: 2.25mg (22.53%), Vitamin B1: 0.33mg (22.22%), Zinc: 3.21mg (21.4%), Vitamin E: 2.83mg (18.84%), Vitamin B2: 0.31mg (18.18%), Vitamin B3: 3.46mg (17.29%), Selenium: 3.17µg (4.53%)