



Coconut-Shrimp Salad with Cilantro-Lime Vinaigrette



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup avocado ripe peeled chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons honey
- ☐ 1.3 pounds shrimp
- ☐ 0.3 cup juice of lime fresh

- ☐ 0.8 cup mangos peeled chopped
- ☐ 0.5 cup onion red vertically sliced
- ☐ 5 ounce spring mix salad greens
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup coconut or sweetened flaked toasted
- ☐ 1.5 cups tomatoes chopped

Equipment

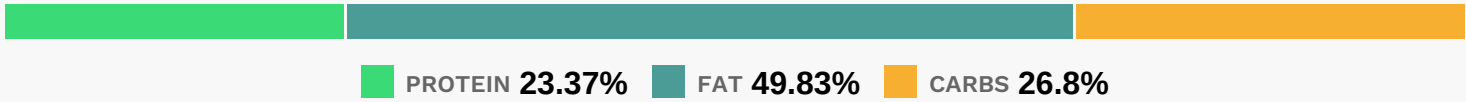
- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Combine first 7 ingredients in a small bowl; stir well with a whisk.
- ☐ Peel shrimp, leaving tails intact. Devein shrimp, if desired.
- ☐ Combine shrimp and 1/4 cup vinaigrette in an 11 x 7-inch baking dish, stirring to coat. Cover and chill 1 hour.
- ☐ While shrimp chill, combine remaining 1/4 cup vinaigrette, tomato, and next 3 ingredients in a bowl, tossing gently to coat.
- ☐ Prepare grill.
- ☐ Remove shrimp from dish; discard marinade. Thread 4 shrimp onto each of 4 (10-inch) skewers.
- ☐ Place skewers on grill rack coated with cooking spray; grill 2 to 3 minutes on each side or until shrimp are done.
- ☐ Place 1 cup salad greens on each of 4 plates; top each salad with about 1 cup tomato mixture and 1 shrimp skewer.

- ☐
- Sprinkle each salad with 2 tablespoons toasted coconut.
- ☐
- Note: If using wooden skewers, soak in water 30 minutes before grilling.

Nutrition Facts



Properties

Glycemic Index:77.78, Glycemic Load:5.61, Inflammation Score:-8, Nutrition Score:21.097826042901%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg 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: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 363.22kcal (18.16%), Fat: 20.74g (31.91%), Saturated Fat: 5.28g (33%), Carbohydrates: 25.1g (8.37%), Net Carbohydrates: 19.87g (7.23%), Sugar: 14.86g (16.51%), Cholesterol: 178.6mg (59.53%), Sodium: 1143.85mg (49.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.79%), Selenium: 44.35µg (63.35%), Vitamin C: 36.98mg (44.82%), Phosphorus: 416.45mg (41.65%), Vitamin E: 4.88mg (32.51%), Vitamin A: 1608.22IU (32.16%), Vitamin B12: 1.57µg (26.22%), Folate: 98µg (24.5%), Vitamin B6: 0.47mg (23.69%), Copper: 0.46mg (23.1%), Fiber: 5.23g (20.92%), Vitamin K: 21.39µg (20.37%), Vitamin B3: 4.06mg (20.3%), Potassium: 680.57mg (19.44%), Manganese: 0.37mg (18.44%), Magnesium: 64.33mg (16.08%), Zinc: 1.95mg (13.03%), Vitamin B5: 1.18mg (11.77%), Calcium: 103.99mg (10.4%), Vitamin B2: 0.12mg (7.27%), Vitamin B1: 0.11mg (7.25%), Iron: 1.27mg (7.04%)