



Cold Marinated Shrimp and Avocados

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 medium avocados chopped
- 1 leaves garnishes: cilantro onion fresh red
- 0.3 cup cilantro leaves fresh chopped
- 1 cup corn kernels fresh
- 20 servings lime vinaigrette
- 2 tablespoons onion red chopped
- 1 pound shrimp cooked peeled

Equipment

Directions

- Combine first 5 ingredients. Gently stir in Lime Vinaigrette to coat. Cover and chill at least 1 hour.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:3.1300000204988%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 60.24kcal (3.01%), Fat: 3.18g (4.9%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 2.2g (0.8%), Sugar: 0.75g (0.83%), Cholesterol: 36.51mg (12.17%), Sodium: 29.76mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Fiber: 1.71g (6.84%), Copper: 0.14mg (6.81%), Phosphorus: 67.1mg (6.71%), Vitamin C: 4.67mg (5.66%), Potassium: 186.65mg (5.33%), Folate: 20.21µg (5.05%), Vitamin K: 4.91µg (4.68%), Magnesium: 17.03mg (4.26%), Vitamin B5: 0.35mg (3.49%), Zinc: 0.48mg (3.18%), Vitamin B6: 0.06mg (3.15%), Vitamin E: 0.44mg (2.95%), Manganese: 0.05mg (2.53%), Vitamin B3: 0.5mg (2.48%), Calcium: 19.76mg (1.98%), Vitamin B2: 0.03mg (1.89%), Vitamin B1: 0.03mg (1.83%), Iron: 0.31mg (1.74%), Vitamin A: 59.92IU (1.2%)