



Cook the Book: Sky Terrace Shrimp and Avocado Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 3 celery stalks finely chopped
- ☐ 1 large eggs peeled coarsely chopped
- ☐ 4 garlic clove minced
- ☐ 6 servings hot sauce
- ☐ 1 medium head lettuce shredded cored
- ☐ 6 servings kosher salt

- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon mustard dijon or creole-style
- ☐ 2 spring onion white green finely chopped
- ☐ 1.5 pounds shrimp chilled boiled deveined peeled
- ☐ 0.3 cup pkt spinach cooked drained finely chopped well
- ☐ 1 tablespoon worcestershire sauce

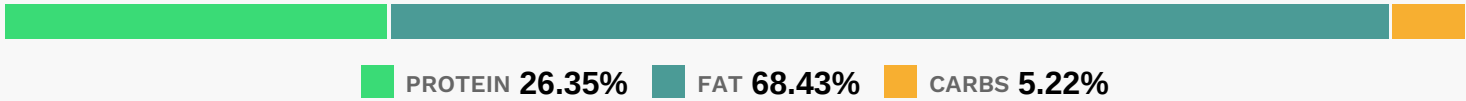
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ To make the sauce: In a food processor, combine the mayonnaise, spinach, egg, garlic, scallions, Worcestershire, mustard, lemon juice, and anchovy paste, and process until smooth. Season with salt and hot sauce to taste and transfer to a large bowl.
- ☐ To make the salad: gently stir the shrimp, celery, and lemon juice into the sauce. Season with salt and pepper to taste. Cover and refrigerate for 1 hour.
- ☐ To serve, divide the shredded lettuce evenly among six plates, fan the avocado slices over the lettuce, and top with the shrimp salad.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:12.996956680132%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.06mg,

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 386.74kcal (19.34%), Fat: 29.65g (45.61%), Saturated Fat: 4.8g (29.97%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 3.66g (1.33%), Sugar: 2.61g (2.89%), Cholesterol: 230.1mg (76.7%), Sodium: 693.93mg (30.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.37%), Vitamin K: 97.82µg (93.16%), Phosphorus: 298.1mg (29.81%), Copper: 0.5mg (25.19%), Potassium: 514.76mg (14.71%), Vitamin A: 691.9IU (13.84%), Magnesium: 52.6mg (13.15%), Zinc: 1.92mg (12.77%), Manganese: 0.23mg (11.65%), Calcium: 112.73mg (11.27%), Vitamin E: 1.58mg (10.54%), Folate: 39.15µg (9.79%), Iron: 1.57mg (8.7%), Vitamin C: 6.69mg (8.11%), Selenium: 5.39µg (7.7%), Fiber: 1.43g (5.73%), Vitamin B2: 0.09mg (5.09%), Vitamin B6: 0.09mg (4.63%), Vitamin B1: 0.06mg (4.02%), Vitamin B5: 0.32mg (3.19%), Vitamin B12: 0.13µg (2.13%), Vitamin B3: 0.41mg (2.03%), Vitamin D: 0.26µg (1.72%)