



Curried Peach and Shrimp Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado sliced
- ☐ 1 cup cilantro sprigs
- ☐ 0.5 teaspoon coriander seeds
- ☐ 0.5 teaspoon cumin seeds
- ☐ 0.5 teaspoon garam masala
- ☐ 0.3 teaspoon ground turmeric
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime

- ☐ 2 cups peaches chopped
- ☐ 4 oz pepper pappadums plain black
- ☐ 1 tablespoon onion red minced
- ☐ 0.5 serrano chile thinly sliced
- ☐ 1 pound and shrimp shelled deveined per lb.)
- ☐ 3 tablespoons vegetable oil

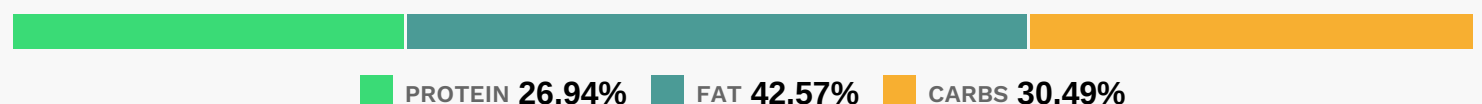
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl
- ☐ microwave

Directions

- ☐ Boil shrimp in salted water until just opaque, about 30 seconds.
- ☐ Transfer to bowl of ice water to cool.
- ☐ Drain shrimp and put in a large mixing bowl.
- ☐ Add peaches, onion, chile, salt, and lime juice to shrimp.
- ☐ Heat oil in a small frying pan until warm.
- ☐ Add spices and swirl to toast.
- ☐ Pour warm oil over shrimp mixture, gently stirring to combine.
- ☐ Microwave 4 pappadums 1 at a time until puffed and crisp, about 50 seconds. Crack each into a few large pieces.
- ☐ Arrange avocado on 4 dinner plates, top with shrimp mixture, and garnish plates with cilantro and pappadums.
- ☐ *Wafer-thin Indian bread; find in the Asian food aisle of well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:45.31, Glycemic Load:6.61, Inflammation Score:-9, Nutrition Score:24.026956350907%

Flavonoids

Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 376.68kcal (18.83%), Fat: 19.47g (29.95%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 19.28g (7.01%), Sugar: 7.22g (8.02%), Cholesterol: 182.57mg (60.86%), Sodium: 738.33mg (32.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.44%), Manganese: 3.82mg (190.89%), Vitamin K: 90.58µg (86.27%), Copper: 0.99mg (49.69%), Fiber: 12.1g (48.38%), Phosphorus: 336.61mg (33.66%), Potassium: 1055.87mg (30.17%), Magnesium: 112.65mg (28.16%), Iron: 4.23mg (23.51%), Calcium: 215.82mg (21.58%), Vitamin E: 2.86mg (19.05%), Zinc: 2.42mg (16.1%), Vitamin A: 761.5IU (15.23%), Folate: 53.72µg (13.43%), Vitamin C: 11.01mg (13.35%), Vitamin B5: 1.24mg (12.44%), Vitamin B6: 0.25mg (12.42%), Vitamin B3: 1.91mg (9.53%), Vitamin B2: 0.15mg (8.85%), Vitamin B1: 0.09mg (6.02%), Selenium: 3.35µg (4.78%)