



FRIED GREEN PLANTAIN WITH SHRIMP AND AVOCADO



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 1 small avocado ripe cut into ½ inch pieces
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 4 tablespoons juice of lime
- ☐ 2 tablespoons onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup salsa rosada
- ☐ 0.3 teaspoon salt

- ☐ 1 Pound shrimp deveined peeled
- ☐ 0.3 tomatoes fresh chopped

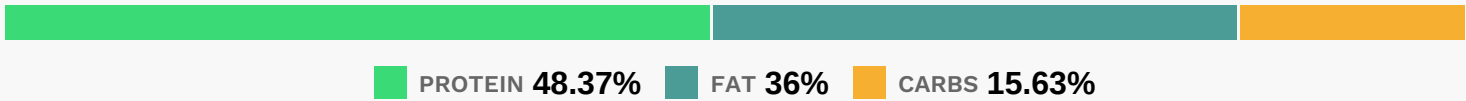
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Make 12 Patacones or fried green plantains, cover with foil and set aside.In a small pot, over medium heat cook the shrimp until they are pink.When the shrimp is cooking in a medium bowl, whisk together the salsa rosada, lime juice, onion, tomato, salt, pepper, avocado and cilantro.

Nutrition Facts



Properties

Glycemic Index:14.08, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:3.2595652166916%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 63.51kcal (3.18%), Fat: 2.68g (4.12%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 1.28g (0.46%), Sugar: 0.61g (0.68%), Cholesterol: 60.86mg (20.29%), Sodium: 142.3mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.21%), Copper: 0.19mg (9.42%), Phosphorus: 93.79mg

(9.38%), Potassium: 214.76mg (6.14%), Fiber: 1.34g (5.37%), Magnesium: 20.1mg (5.03%), Vitamin C: 3.8mg (4.6%), Zinc: 0.64mg (4.27%), Vitamin K: 4.23µg (4.03%), Folate: 15.09µg (3.77%), Vitamin B6: 0.06mg (3.09%), Vitamin E: 0.46mg (3.08%), Calcium: 29.8mg (2.98%), Manganese: 0.06mg (2.8%), Vitamin B5: 0.26mg (2.58%), Vitamin B3: 0.4mg (1.99%), Iron: 0.34mg (1.88%), Vitamin A: 85.48IU (1.71%), Vitamin B2: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.12%)