



Grilled Shrimp, Mango, and Avocado



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados ripe unpeeled halved
- ☐ 6 large bibb lettuce leaves
- ☐ 1 tablespoon carrots finely grated
- ☐ 2.5 tablespoons fish sauce
- ☐ 1 garlic clove minced
- ☐ 6 tablespoons juice of lime fresh (3 limes)
- ☐ 12 lime wedges
- ☐ 2 mangoes peeled cut into 6 wedges

- ☐ 1 tablespoon serrano chile thinly sliced (1 chile)
- ☐ 2 pounds shrimp
- ☐ 1 tablespoon sugar
- ☐ 0.8 cup water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ skewers

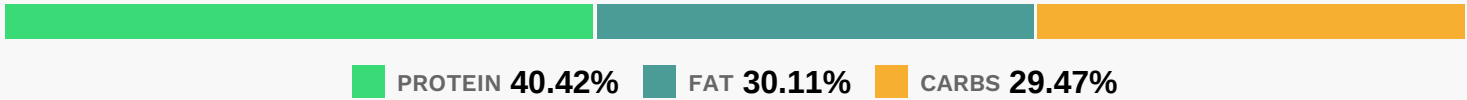
Directions

- ☐ Combine first 5 ingredients in a small bowl. Reserve 3/4 cup juice mixture. Stir carrot and chile into remaining 1/2 cup juice mixture, and set aside.
- ☐ Peel shrimp, leaving tails intact. Starting at tail end, butterfly each shrimp, cutting to, but not through, backside of shrimp.
- ☐ Combine reserved 3/4 cup juice mixture and shrimp in a large bowl, tossing to coat; cover and marinate in refrigerator 1 hour, tossing occasionally.
- ☐ Remove shrimp from bowl, reserving marinade.
- ☐ Prepare grill for medium-high heat.
- ☐ Place reserved marinade in a small saucepan; bring to a boil. Reduce heat, and simmer 5 minutes. Cool slightly.
- ☐ Thread 3 shrimp onto each of 12 (10-inch) skewers.
- ☐ Place shrimp on a grill rack coated with cooking spray. Grill shrimp 2 1/2 minutes on each side or until done, basting frequently with cooked marinade.
- ☐ Cut 3 avocado halves in half lengthwise; peel and dice remaining avocado half.
- ☐ Brush cooked marinade over mango and avocado wedges; coat with cooking spray. Arrange in a single layer on grill rack coated with cooking spray. Coat lime wedges with cooking spray; place on grill rack. Grill fruit 2 minutes on each side or until marked but not soft, basting frequently with marinade.

- ☐
- Place 1 lettuce leaf on each of 6 salad plates; top each leaf with 2 mango slices, 2 limewedges, and 1 avocado wedge.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:45.11, Glycemic Load:7.68, Inflammation Score:-9, Nutrition Score:19.08695650619%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg 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: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 16.83mg, Hesperetin: 16.83mg, Hesperetin: 16.83mg, Hesperetin: 16.83mg Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 306.5kcal (15.33%), Fat: 11.02g (16.96%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 17.28g (6.28%), Sugar: 13.39g (14.87%), Cholesterol: 243.43mg (81.14%), Sodium: 779.38mg (33.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.29g (66.58%), Vitamin C: 48.79mg (59.14%), Copper: 0.84mg (41.97%), Phosphorus: 384.74mg (38.47%), Vitamin A: 1808.39IU (36.17%), Vitamin K: 33.25µg (31.67%), Fiber: 7g (27.99%), Potassium: 969.16mg (27.69%), Folate: 104.15µg (26.04%), Magnesium: 98.95mg (24.74%), Zinc: 2.63mg (17.57%), Vitamin B6: 0.34mg (16.98%), Vitamin E: 2.18mg (14.54%), Calcium: 137.76mg (13.78%), Manganese: 0.25mg (12.75%), Vitamin B5: 1.21mg (12.09%), Vitamin B3: 2.01mg (10.07%), Iron: 1.78mg (9.87%), Vitamin B2: 0.14mg (8.28%), Vitamin B1: 0.09mg (6.15%), Selenium: 1.71µg (2.44%)