



## Grilled Southwestern Shrimp Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 lb shrimp deveined uncooked peeled
- ☐ 1 teaspoon chili powder
- ☐ 3 ears corn fresh sweet cleaned
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt (coarse)
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.1 teaspoon pepper black
- ☐ 6 cups the of 1 cos lettuce chopped
- ☐ 2 large tomatoes cut into 8 wedges
- ☐ 0.8 cup avocado diced pitted peeled

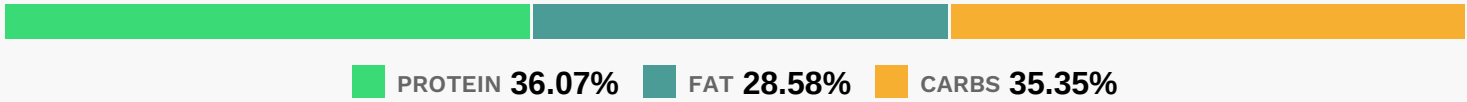
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

## Directions

- ☐ Heat gas or charcoal grill.
- ☐ Sprinkle shrimp evenly with chili powder; set aside. Spray grill rack with cooking spray.
- ☐ Place corn on grill over medium heat. Cover grill; cook 12 minutes, turning occasionally.
- ☐ Add shrimp to grill for last 6 minutes of cooking time; cook, turning once, until shrimp are pink.
- ☐ Cut kernels from ears of corn. Discard cobs. In small bowl, stir lime juice, oil, honey, salt, cumin and pepper with whisk; set aside.
- ☐ In large bowl, stir together shrimp, corn, lettuce and tomatoes; drizzle with dressing and toss well.
- ☐ Add avocado; toss gently.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:41.82, Glycemic Load:3.4, Inflammation Score:-10, Nutrition Score:23.581304202909%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg,

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 280.99kcal (14.05%), Fat: 9.66g (14.86%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 26.88g (8.96%), Net Carbohydrates: 20.79g (7.56%), Sugar: 12.25g (13.61%), Cholesterol: 182.57mg (60.86%), Sodium: 457.06mg (19.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.43g (54.86%), Vitamin A: 7225.2IU (144.5%), Vitamin K: 88.79µg (84.56%), Folate: 162.45µg (40.61%), Phosphorus: 365.54mg (36.55%), Vitamin C: 27.28mg (33.06%), Copper: 0.63mg (31.75%), Potassium: 1043.37mg (29.81%), Fiber: 6.09g (24.38%), Magnesium: 95.79mg (23.95%), Manganese: 0.43mg (21.64%), Zinc: 2.39mg (15.9%), Vitamin B1: 0.21mg (14.3%), Vitamin B6: 0.28mg (13.94%), Vitamin E: 2.06mg (13.72%), Iron: 2.32mg (12.9%), Vitamin B3: 2.54mg (12.72%), Calcium: 116.53mg (11.65%), Vitamin B5: 1.08mg (10.83%), Vitamin B2: 0.15mg (8.71%), Selenium: 0.98µg (1.39%)