



Grilled Southwestern Shrimp Salad with Lime-Cumin Dressing



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup avocado diced peeled (1 small)
- ☐ 1 teaspoon chili powder
- ☐ 2 ears corn
- ☐ 4 servings lime-cumin dressing
- ☐ 6 cups romaine lettuce chopped
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 2 large tomatoes cut into 8 wedges

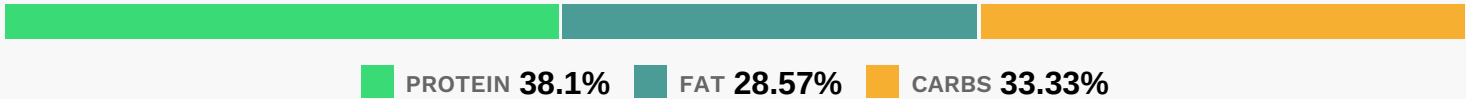
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Sprinkle shrimp evenly with chili powder.
- ☐ Remove husks from corn; scrub silks from corn.
- ☐ Place corn on a grill rack coated with cooking spray. Grill 12 minutes, turning occasionally.
- ☐ Add shrimp to grill rack after 6 minutes; grill 3 minutes on each side.
- ☐ Cut kernels from ears of corn. Discard cobs.
- ☐ Combine shrimp, corn, lettuce, and tomato in a large bowl; drizzle with Lime-Cumin Dressing, and toss well.
- ☐ Add avocado; toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:21.737825953442%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Luteolin: 0.04mg, 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: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 202.87kcal (10.14%), Fat: 7.03g (10.82%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 12.1g (4.4%), Sugar: 6.45g (7.17%), Cholesterol: 136.93mg (45.64%), Sodium: 129.11mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.1g (42.2%), Vitamin A: 7189.23IU (143.78%), Vitamin K: 88.03µg (83.84%), Folate: 159.51µg (39.88%), Vitamin C: 24.14mg (29.26%), Phosphorus: 287.3mg (28.73%), Potassium: 934.6mg (26.7%), Copper: 0.53mg (26.26%), Fiber: 6.36g (25.42%), Magnesium: 78.34mg (19.58%), Manganese: 0.38mg (18.84%), Vitamin B6: 0.28mg (13.83%), Zinc: 1.93mg (12.88%), Vitamin B1: 0.18mg (12.18%), Vitamin B3: 2.28mg (11.41%), Iron: 1.94mg (10.78%), Vitamin E: 1.6mg (10.65%), Vitamin B5: 1.04mg (10.44%), Calcium: 96.16mg (9.62%), Vitamin B2: 0.14mg (8.48%), Selenium: 0.83µg (1.19%)