



Grilled Street Corn Salad with Cilantro Butter Shrimp, Pico de Gallo and Avocado Purée

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

Ingredients

- ☐ 0.5 avocado pitted ripe
- ☐ 1 teaspoon ground pepper
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 1 ears corn
- ☐ 0.5 tablespoon ground cumin
- ☐ 0.3 jalapeno fresh minced
- ☐ 0.5 juice of lemon

- ☐ 0.5 juice of lime
- ☐ 4 jumbo tiger prawns deveined peeled
- ☐ 0.5 mangos peeled coarsely chopped
- ☐ 2 tablespoons olive oil
- ☐ 4 tablespoons queso fresco grated
- ☐ 4 servings salt to taste
- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 2 medium tomatoes diced seeded
- ☐ 3 tablespoons butter unsalted
- ☐ 0.3 cup water
- ☐ 0.5 medium onion yellow minced

Equipment

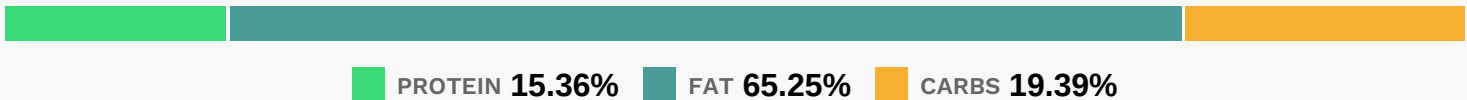
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ tongs

Directions

- ☐ Prepare the grill (medium-high heat). Grill the corn on the grill rack, covered, turning occasionally, until lightly charred in spots, about 10 minutes. Using tongs, transfer the corn to a platter and let it cool, then cut the kernels from the cob. In a bowl toss the corn with the remaining corn salad ingredients. Season the salad with salt and freshly ground black pepper.
- ☐ Toss together all the pico de gallo ingredients and season the salsa with salt and additional fresh lemon and lime juice, if necessary.
- ☐ Scoop the avocado flesh into a blender and add the mango and lime and lemon juices. Blend the mixture until it is smooth, then, thin the purée, if necessary. with water. Season the purée with salt.
- ☐ In a medium skillet over moderately high heat, melt the butter, then stir in the cilantro.

- ☐ Add the prawns and sauté, turning them occasionally, until they turn pink and are just cooked through, about 4 to 6 minutes. Season the prawns with salt.
- ☐ Divide the corn salad among 4 plates, spooning it onto the center of each plate, and top each serving with a prawn. Spoon the pico de gallo over the prawn and drizzle it with the avocado purée.
- ☐ From Master
- ☐ Chef, (C) © 2013 FOX

Nutrition Facts



Properties

Glycemic Index:64.44, Glycemic Load:2.96, Inflammation Score:-8, Nutrition Score:14.850000070489%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg 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: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 319.25kcal (15.96%), Fat: 24.1g (37.08%), Saturated Fat: 9.02g (56.36%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 12.33g (4.48%), Sugar: 7.93g (8.81%), Cholesterol: 103.34mg (34.45%), Sodium: 828.28mg (36.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.76g (25.53%), Vitamin C: 27.01mg (32.74%), Vitamin A: 1596.28IU (31.93%), Selenium: 20.09µg (28.7%), Phosphorus: 257.91mg (25.79%), Vitamin E: 3.37mg (22.49%), Vitamin K: 17.86µg (17%), Folate: 66.85µg (16.71%), Vitamin B6: 0.31mg (15.32%), Fiber: 3.79g (15.16%), Vitamin B12: 0.89µg (14.8%), Potassium: 511.87mg (14.62%), Calcium: 141.54mg (14.15%), Copper: 0.25mg (12.61%), Vitamin B3: 2.49mg (12.47%), Magnesium: 46.79mg (11.7%), Manganese: 0.23mg (11.7%), Zinc: 1.41mg (9.38%), Vitamin B5: 0.88mg (8.84%), Vitamin B1: 0.11mg (7.64%), Vitamin B2: 0.12mg (6.88%), Iron: 1.23mg (6.84%), Vitamin D: 0.61µg (4.08%)