



Jerk Shrimp with Grilled Onion, Avocado, and Mango Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado finely chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 tablespoons walkerswood jamaican jerk seasoning
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 mangos peeled finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 2 pounds shrimp raw unpeeled

- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 1 onion red cut into 1/4-inch-thick slices
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar

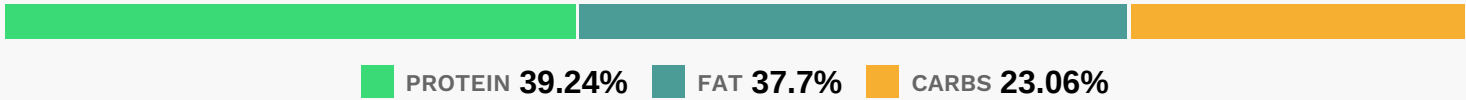
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 7 ingredients in a medium bowl, and set salsa aside.
- ☐ Peel shrimp, leaving tails on; devein. Toss shrimp and onion with oil in a large bowl, sprinkle with Jamaican Jerk Rub, and toss to coat. Grill shrimp and onion over medium-high heat (350 to 40
- ☐ minutes, or just until shrimp turn pink, turning once. Chop onion and add to salsa mixture, stirring gently.
- ☐ Serve shrimp with salsa.

Nutrition Facts



Properties

Glycemic Index:63.21, Glycemic Load:5.16, Inflammation Score:-9, Nutrition Score:27.814782567646%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg 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: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin:

0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 329.33kcal (16.47%), Fat: 14.1g (21.69%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 14.12g (5.13%), Sugar: 10.31g (11.45%), Cholesterol: 285.76mg (95.25%), Sodium: 1531.47mg (66.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.02g (66.03%), Selenium: 68.93µg (98.46%), Vitamin A: 3091.35IU (61.83%), Phosphorus: 602.71mg (60.27%), Vitamin E: 7.44mg (49.61%), Vitamin C: 36.53mg (44.27%), Vitamin B12: 2.52µg (41.96%), Vitamin B6: 0.68mg (33.94%), Copper: 0.59mg (29.6%), Vitamin B3: 5.64mg (28.21%), Folate: 97.38µg (24.35%), Fiber: 5.28g (21.13%), Vitamin K: 19.9µg (18.95%), Magnesium: 75.52mg (18.88%), Potassium: 647.42mg (18.5%), Zinc: 2.74mg (18.27%), Calcium: 158.78mg (15.88%), Manganese: 0.28mg (14.19%), Vitamin B5: 1.28mg (12.76%), Iron: 1.88mg (10.45%), Vitamin B2: 0.16mg (9.36%), Vitamin B1: 0.11mg (7.36%), Vitamin D: 0.23µg (1.51%)