



Layered Shrimp Salad



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 to 2 avocados diced pitted peeled
- ☐ 6 servings chives chopped for garnish
- ☐ 2 jalapeños fresh divided seeded finely chopped
- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 6 teaspoons olive oil lemon flavored divided
- ☐ 12 ounces shrimp chilled cooked chopped
- ☐ 4 medium vine-ripened tomatoes diced seeded

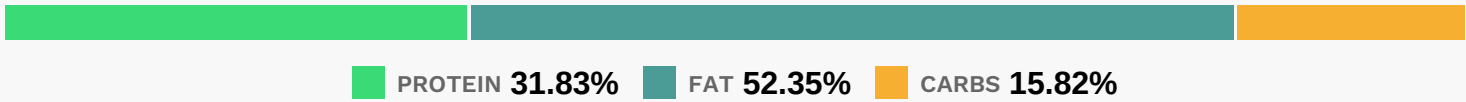
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the shrimp in a small bowl and add 1/2 of the jalapeno, 2 teaspoons lemon oil, and salt and pepper, to taste, and toss to combine. In a second bowl, mix the tomatoes with 2 teaspoons oil and salt and pepper, to taste.
- ☐ Put the diced avocado in a third bowl, add the remaining 2 teaspoons lemon oil, remaining 1/2 of the jalapeno, salt and pepper, to taste, and toss well.
- ☐ To assemble, divide 3/4 of the shrimp among 4 short 6-ounce wide-rimmed glasses. Top the shrimp in each glass with 1/4 of the tomatoes, followed by 1/4 of the avocado. Finely chop the remaining shrimp to garnish each glass and sprinkle the chives evenly over each salad. Alternately, you can layer this salad in a large glass trifle bowl, to share.
- ☐ Serve immediately or chill and serve within 1 hour.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:8.9795652673296%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 153.57kcal (7.68%), Fat: 9.4g (14.46%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 3.01g (1.09%), Sugar: 2.59g (2.88%), Cholesterol: 91.29mg (30.43%), Sodium: 267.96mg (11.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.73%), Vitamin C: 20.7mg (25.09%), Vitamin K: 18.91µg (18.01%), Copper: 0.34mg (16.88%), Vitamin A: 825.81IU (16.52%), Phosphorus: 160.23mg (16.02%), Potassium: 521.11mg (14.89%), Fiber: 3.38g (13.54%), Vitamin E: 1.88mg (12.54%), Folate: 41.74µg (10.44%), Magnesium: 39.7mg

(9.93%), Vitamin B6: 0.17mg (8.63%), Manganese: 0.17mg (8.43%), Zinc: 1.13mg (7.51%), Vitamin B3: 1.14mg (5.68%), Vitamin B5: 0.56mg (5.56%), Calcium: 50.15mg (5.01%), Iron: 0.75mg (4.18%), Vitamin B2: 0.06mg (3.74%), Vitamin B1: 0.06mg (3.7%)