



Mango, Avocado and Grilled Shrimp Salad with a Peanut Dressing



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado sliced (stoned, scooped and)
- ☐ 1 birds eye chili sliced ()
- ☐ 1 tablespoon cilantro leaves chopped ()
- ☐ 1 tablespoon fish sauce
- ☐ 2 green onions sliced ()
- ☐ 1 juice of lime (juice and zest)
- ☐ 1 mangos sliced (stoned, scooped and)

- ☐ 1 tablespoon mint leaves chopped ()
- ☐ 1 teaspoon coconut sugar grated (or brown sugar)
- ☐ 1 tablespoon peanut butter
- ☐ 2 tablespoons peanuts chopped (roasted and)
- ☐ 2 handfuls salad greens
- ☐ 6 tom yum grilled shrimp
- ☐ 2 tablespoons coconut milk unsweetened

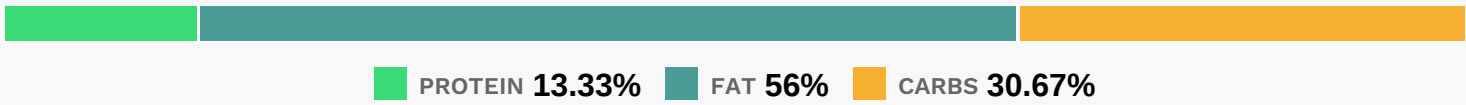
Equipment

- ☐ bowl

Directions

- ☐ Mix the coconut milk, lime, fish sauce, peanut butter, chili, sugar and cilantro in a bowl and set aside.
- ☐ Assemble the salad, toss with dressing to coat and serve garnished with chopped roasted peanuts.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:8.38, Inflammation Score:-9, Nutrition Score:25.70130448756%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg

0.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 414.8kcal (20.74%), Fat: 28.03g (43.12%), Saturated Fat: 7.02g (43.87%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 23.88g (8.69%), Sugar: 19.06g (21.18%), Cholesterol: 48.3mg (16.1%), Sodium: 803.19mg (34.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.03%), Vitamin C: 68.71mg (83.29%), Vitamin K: 51.26µg (48.81%), Folate: 191.1µg (47.77%), Manganese: 0.87mg (43.66%), Fiber: 10.65g (42.61%), Vitamin A: 1986.6IU (39.73%), Copper: 0.64mg (31.87%), Potassium: 1067.89mg (30.51%), Vitamin B3: 5.79mg (28.93%), Magnesium: 114.22mg (28.56%), Vitamin B6: 0.55mg (27.29%), Vitamin E: 3.88mg (25.85%), Phosphorus: 237.33mg (23.73%), Vitamin B5: 1.99mg (19.88%), Vitamin B2: 0.24mg (14.36%), Vitamin B1: 0.21mg (13.71%), Iron: 2.33mg (12.92%), Zinc: 1.85mg (12.32%), Calcium: 87.51mg (8.75%), Selenium: 4.1µg (5.86%)