



## Marinated Shrimp Salad with Avocado

 **Gluten Free**  **Dairy Free**

READY IN



**310 min.**

SERVINGS



**6**

CALORIES



**232 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 medium avocados cubed
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup mint leaves fresh chopped
- 4 oranges
- 1 large bell pepper red thinly sliced
- 0.5 small onion red sliced
- 2 cups romaine lettuce chopped
- 1 pound perfect poached shrimp

6 servings citrus vinaigrette

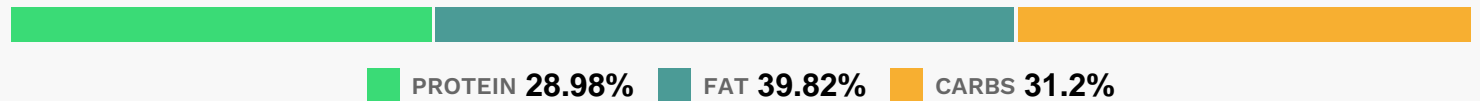
## Equipment

bowl

## Directions

- Combine first 6 ingredients in a large bowl; pour Citrus Vinaigrette over shrimp mixture, and gently toss to combine. Cover and chill 4 to 24 hours.
- Place lettuce on a platter. Spoon shrimp mixture over lettuce, reserving vinaigrette.
- Drizzle with reserved vinaigrette. Top with avocado.

## Nutrition Facts



## Properties

Glycemic Index:28.92, Glycemic Load:4.52, Inflammation Score:-9, Nutrition Score:19.529130427734%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 23.99mg, Hesperetin: 23.99mg, Hesperetin: 23.99mg, Hesperetin: 23.99mg Naringenin: 13.38mg, Naringenin: 13.38mg, Naringenin: 13.38mg, Naringenin: 13.38mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

## Nutrients (% of daily need)

Calories: 232.05kcal (11.6%), Fat: 11g (16.93%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 11.56g (4.2%), Sugar: 10.37g (11.52%), Cholesterol: 121.71mg (40.57%), Sodium: 98.57mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.04%), Vitamin C: 90.41mg (109.59%), Vitamin A: 2684.5IU (53.69%), Vitamin K: 36.63µg (34.88%), Fiber: 7.83g (31.32%), Folate: 119.06µg (29.76%), Copper: 0.49mg (24.36%), Potassium: 810.05mg (23.14%), Phosphorus: 225.32mg (22.53%), Vitamin B6: 0.33mg (16.56%), Magnesium: 62.86mg (15.71%), Vitamin E: 2.08mg (13.85%), Vitamin B5: 1.28mg (12.83%), Manganese: 0.24mg

(11.82%), Zinc: 1.65mg (11%), Calcium: 106mg (10.6%), Vitamin B1: 0.15mg (10.24%), Vitamin B2: 0.17mg (9.73%),  
Vitamin B3: 1.79mg (8.93%), Iron: 1.26mg (6.98%), Selenium: 0.87µg (1.24%)