



Mexican Shrimp

 Dairy Free

READY IN



28 min.

SERVINGS



6

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup bread crumbs plain as needed plus more
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 1 eggs
- ☐ 1 garlic clove peeled
- ☐ 2 medium garlic cloves peeled
- ☐ 6 hamburger buns split
- ☐ 1 haas avocados pitted peeled halved

- ☐ 6 a mixture of baby lettuce leaves
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup mayonnaise
- ☐ 1 poblano chile diced stemmed peeled seeded
- ☐ 1 teaspoon sea salt
- ☐ 6 servings sea salt and pepper black freshly ground
- ☐ 1 serrano chile stemmed halved seeded
- ☐ 1 pound shrimp shelled deveined
- ☐ 3 medium tomatoes sliced
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ grill pan

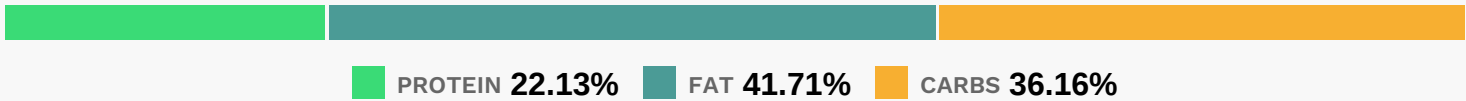
Directions

- ☐ Watch how to make this recipe.
- ☐ In a food processor, combine the shrimp, egg, cilantro, garlic, 3/4 cup bread crumbs, poblano chile, salt, and pepper. Process until the mixture is a coarse puree. Form the mixture into 6 patties and set aside (if the mixture is too wet, add additional bread crumbs, 1 tablespoon at a time, until the mixture can be molded easily).
- ☐ Put a grill pan over medium-high heat or preheat a gas or charcoal grill.
- ☐ Brush the patties with vegetable oil and grill until golden, about 3 minutes per side, depending on the thickness.
- ☐ Scoop the avocado pulp into the bowl of a food processor.
- ☐ Add the mayonnaise, lime juice, garlic cloves, serrano chile and cilantro. Process until smooth. Season with salt and pepper, to taste.

☐

Serve the shrimp burgers on buns, topped with a dollop of avocado aioli, sliced tomato, and lettuce.

Nutrition Facts



Properties

Glycemic Index:59.33, Glycemic Load:14.01, Inflammation Score:-9, Nutrition Score:21.041304510573%

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 Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 427.7kcal (21.38%), Fat: 20.1g (30.92%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 34.12g (12.41%), Sugar: 6.7g (7.45%), Cholesterol: 152.91mg (50.97%), Sodium: 871.72mg (37.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.99g (47.98%), Vitamin A: 2478.86IU (49.58%), Vitamin C: 34.3mg (41.58%), Vitamin K: 40.9µg (38.95%), Manganese: 0.67mg (33.32%), Vitamin B1: 0.45mg (30.2%), Phosphorus: 290.6mg (29.06%), Folate: 106.89µg (26.72%), Selenium: 18.08µg (25.82%), Copper: 0.51mg (25.38%), Fiber: 5.09g (20.36%), Potassium: 696.29mg (19.89%), Vitamin B3: 3.87mg (19.36%), Iron: 3.37mg (18.73%), Vitamin B2: 0.31mg (17.98%), Calcium: 165.34mg (16.53%), Magnesium: 66.01mg (16.5%), Vitamin B6: 0.29mg (14.3%), Vitamin E: 2.07mg (13.81%), Zinc: 2.05mg (13.67%), Vitamin B5: 0.76mg (7.61%), Vitamin B12: 0.21µg (3.5%), Vitamin D: 0.17µg (1.1%)