



Mexican Shrimp-and-Avocado Salad with Tortilla Chips

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cherry tomatoes halved
- ☐ 0.5 cup cilantro leaves coarsely chopped
- ☐ 1 small cucumber diced seedless (small)
- ☐ 1 haas avocados diced
- ☐ 2 tablespoons juice of lime freshly squeezed
- ☐ 0.5 teaspoon lime zest finely grated
- ☐ 2 tablespoons mayonnaise reduced-fat

- ☐ 2 tablespoons cream sour reduced-fat
- ☐ 30 servings pepper freshly ground
- ☐ 2 baby greens shredded
- ☐ 30 servings salt
- ☐ 1 pound shrimp shelled deveined (medium)
- ☐ 4 cups tortilla chips

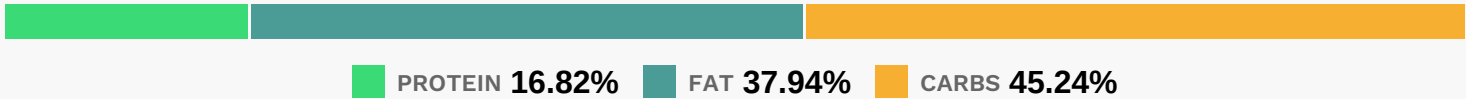
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring a saucepan of salted water to a boil. Fill a bowl with ice water. Blanch the shrimp just until white throughout, 3 minutes.
- ☐ Drain and chill the shrimp in the ice water, then drain again and pat dry.
- ☐ Transfer the shrimp to a large bowl.
- ☐ Add the romaine, tomatoes, cucumber, cilantro, avocado and tortilla chips.
- ☐ In a small bowl, whisk the sour cream with the mayonnaise, lime juice and lime zest and season with salt and pepper.
- ☐ Pour the dressing over the salad and gently toss to coat.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:4.4178260904129%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 104.4kcal (5.22%), Fat: 4.58g (7.04%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 10.69g (3.89%), Sugar: 0.72g (0.8%), Cholesterol: 24.77mg (8.26%), Sodium: 272.99mg (11.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.13%), Vitamin K: 15.75µg (15%), Vitamin A: 747.8IU (14.96%), Phosphorus: 78.92mg (7.89%), Fiber: 1.59g (6.37%), Magnesium: 23.79mg (5.95%), Copper: 0.1mg (5.23%), Vitamin E: 0.78mg (5.21%), Folate: 19.91µg (4.98%), Vitamin C: 3.9mg (4.73%), Potassium: 161.23mg (4.61%), Zinc: 0.52mg (3.45%), Calcium: 33.99mg (3.4%), Vitamin B5: 0.33mg (3.29%), Vitamin B6: 0.06mg (3.17%), Iron: 0.54mg (2.98%), Manganese: 0.06mg (2.96%), Vitamin B1: 0.04mg (2.57%), Vitamin B2: 0.03mg (1.86%), Vitamin B3: 0.34mg (1.69%), Selenium: 0.87µg (1.24%)