



Mixed Bean Salad with Avocado, Shrimp and Tomato



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado peeled sliced
- ☐ 3 eggs cooked sliced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 heirloom tomatoes red sliced
- ☐ 1 juice of lemon
- ☐ 1 juice of lime
- ☐ 1 tablespoon olive oil

- ☐ 2 cups beans mixed white red (beans, chickpeas, beans)
- ☐ 0.5 onion red thinly sliced
- ☐ 6 servings salt and pepper
- ☐ 12 shrimp cooked
- ☐ 6 servings dressing
- ☐ 0.3 teaspoon sugar
- ☐ 2 tablespoons vinegar white

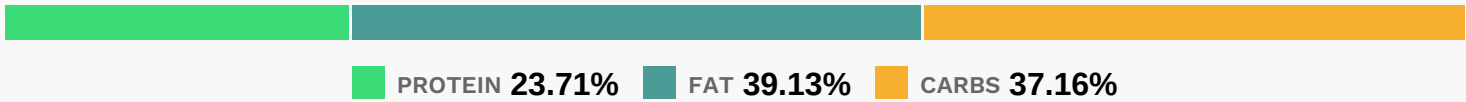
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk the vinegar, sugar, olive oil, salt, pepper, lime, lemon juice and cilantro, then set aside.
- ☐ Place the tomatoes slices in a large plate, top the tomatoes with the beans, the onions, the avocado pieces, shrimp and cooked egg.
- ☐ Drizzle with dressing and serve.

Nutrition Facts



Properties

Glycemic Index:42.85, Glycemic Load:0.97, Inflammation Score:-6, Nutrition Score:13.300869547802%

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: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 224.82kcal (11.24%), Fat: 10.12g (15.56%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 21.62g (7.21%), Net Carbohydrates: 14.91g (5.42%), Sugar: 2.57g (2.85%), Cholesterol: 114.45mg (38.15%), Sodium: 266.28mg (11.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.58%), Fiber: 6.7g (26.82%), Manganese: 0.51mg (25.36%), Folate: 95.65µg (23.91%), Potassium: 705.91mg (20.17%), Phosphorus: 185.76mg (18.58%), Copper: 0.36mg (18.05%), Iron: 3.05mg (16.95%), Vitamin C: 13.27mg (16.08%), Vitamin K: 16.63µg (15.84%), Magnesium: 63.33mg (15.83%), Vitamin E: 2.11mg (14.07%), Vitamin B6: 0.23mg (11.4%), Zinc: 1.69mg (11.25%), Vitamin A: 557.84IU (11.16%), Selenium: 7.8µg (11.15%), Vitamin B2: 0.19mg (10.88%), Vitamin B5: 1mg (10.05%), Calcium: 91.05mg (9.1%), Vitamin B1: 0.12mg (8.28%), Vitamin B3: 0.96mg (4.78%), Vitamin B12: 0.2µg (3.28%), Vitamin D: 0.44µg (2.93%)