



Pasta Salad with Shrimp, Avocado and Asparagus

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



684 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch asparagus
- ☐ 1 avocado diced peeled
- ☐ 1 garlic clove finely chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 juice of lime
- ☐ 1 cup mayonnaise
- ☐ 0.3 cup onion shredded

- ☐ 0.5 pound soup noodles dried cooked
- ☐ 4 servings salt and pepper
- ☐ 1 pound shrimp cooked
- ☐ 1 large tomatoes diced

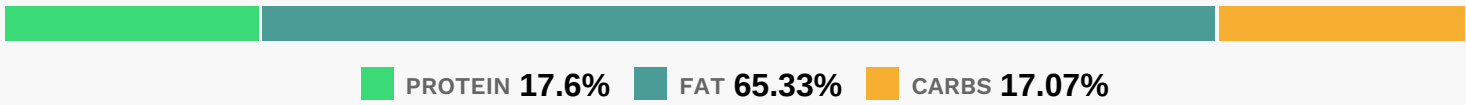
Equipment

- ☐ bowl

Directions

- ☐ Cook the asparagus in simmering water covered for 3 to 5 minutes. Cool under cold running water and drain.
- ☐ Cut asparagus into 1-inch pieces on an angle and add to a bowl.
- ☐ Add the cooked pasta, shrimp, avocado, tomato and onion.
- ☐ Place all the dressing ingredients in a small bowl and mix well.
- ☐ Add the dressing to the salad and mix to combine. Season salad with salt and pepper, to your taste and toss again.

Nutrition Facts



Properties

Glycemic Index:67.63, Glycemic Load:9.9, Inflammation Score:-8, Nutrition Score:24.114348043566%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Isorhamnetin: 6.91mg, Isorhamnetin: 6.91mg, Isorhamnetin: 6.91mg, Isorhamnetin: 6.91mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 18.05mg, Quercetin: 18.05mg, Quercetin: 18.05mg, Quercetin: 18.05mg

Nutrients (% of daily need)

Calories: 684.39kcal (34.22%), Fat: 50.65g (77.92%), Saturated Fat: 7.9g (49.38%), Carbohydrates: 29.79g (9.93%), Net Carbohydrates: 22.28g (8.1%), Sugar: 4.78g (5.31%), Cholesterol: 206.09mg (68.7%), Sodium: 693.76mg (30.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.7g (61.39%), Vitamin K: 152.31µg (145.06%), Copper: 0.85mg (42.7%), Phosphorus: 388.06mg (38.81%), Fiber: 7.51g (30.04%), Vitamin E: 4.44mg (29.62%), Folate: 115.11µg (28.78%), Manganese: 0.56mg (27.78%), Selenium: 19.21µg (27.45%), Vitamin A: 1343.01IU (26.86%), Potassium: 938.59mg (26.82%), Iron: 4.36mg (24.23%), Vitamin C: 19.67mg (23.84%), Magnesium: 87.73mg (21.93%), Zinc: 2.93mg (19.56%), Vitamin B6: 0.32mg (16.17%), Vitamin B1: 0.24mg (15.74%), Vitamin B2: 0.26mg (15.24%), Vitamin B3: 2.5mg (12.5%), Calcium: 124.07mg (12.41%), Vitamin B5: 1.23mg (12.28%), Vitamin B12: 0.07µg (1.12%)