



Pickled Okra and Shrimp Salad

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

READY IN



40 min.

SERVINGS



6

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 large avocado sliced
- 3 oz crab boil seasoning
- 3 tablespoons juice of lime fresh
- 0.5 teaspoon lime zest
- 0.3 cup mayonnaise
- 0.5 cup okra sliced
- 0.3 teaspoon pepper
- 4 oz pimientos diced drained

- 1.5 pounds shrimp raw deveined peeled ()
- 3 tablespoons onion red minced
- 0.1 teaspoon salt

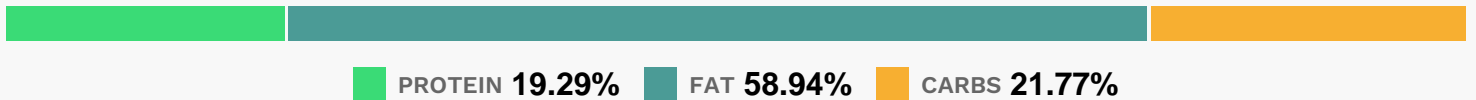
Equipment

- sauce pan

Directions

- Bring 8 cups water to a boil in a 3-qt. saucepan; add crab boil, and cook 5 minutes.
- Add shrimp; cover, remove from heat, and let stand 10 minutes or just until shrimp turn pink.
- Drain and cool 10 minutes.
- Meanwhile, combine pickled okra, diced pimiento, and next 6 ingredients.
- Add shrimp, and serve immediately with avocado slices, or cover and chill until ready to serve.
- Note: We tested with Wickles pickled okra.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:1.34, Inflammation Score:-8, Nutrition Score:29.73521729915%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 381.63kcal (19.08%), Fat: 26.39g (40.61%), Saturated Fat: 4.21g (26.31%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 12.76g (4.64%), Sugar: 2.26g (2.52%), Cholesterol: 148.11mg (49.37%), Sodium: 784.33mg (34.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.87%), Vitamin K: 160.63µg (152.98%), Manganese: 1.25mg (62.5%), Selenium: 35.41µg (50.58%), Vitamin C: 35.99mg (43.63%), Phosphorus: 367.52mg (36.75%), Fiber: 9.18g (36.71%), Vitamin B6: 0.71mg (35.29%), Iron: 6.29mg (34.94%), Folate: 131.18µg (32.8%), Vitamin E: 4.37mg (29.15%), Copper: 0.54mg (27.24%), Vitamin A: 1297.86IU (25.96%), Magnesium: 93.3mg (23.32%), Potassium: 793.76mg (22.68%), Calcium: 226.28mg (22.63%), Vitamin B3: 4.43mg (22.15%), Vitamin B12: 1.27µg (21.23%), Vitamin B5: 1.81mg (18.08%), Zinc: 2.31mg (15.43%), Vitamin B2: 0.2mg (11.68%), Vitamin B1: 0.15mg (10.24%)