



Prawn cocktail salad



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 the of 1 cos lettuce
- ☐ 1 large avocado peeled sliced
- ☐ 8 cherry tomatoes halved
- ☐ 1 shallots thinly sliced
- ☐ 200 g shrimp

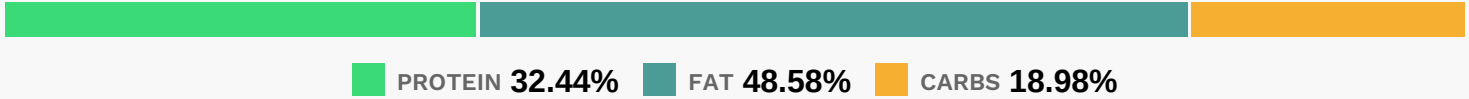
Equipment

- ☐ bowl

Directions

☐ Pile the lettuce, avocado, tomatoes and shallot into a bowl and toss together. Divide between 2 serving bowls, then top with the prawn cocktail. Lightly toss to mix the dressing into the salad, then eat with toast or crusty bread, if you like.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:1.25, Inflammation Score:-7, Nutrition Score:15.679130263951%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 267.64kcal (13.38%), Fat: 15.38g (23.66%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 13.51g (4.5%), Net Carbohydrates: 5.83g (2.12%), Sugar: 3.38g (3.76%), Cholesterol: 161mg (53.67%), Sodium: 135.29mg (5.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.11g (46.22%), Vitamin C: 26.69mg (32.36%), Copper: 0.65mg (32.28%), Fiber: 7.68g (30.73%), Phosphorus: 293.85mg (29.39%), Potassium: 950.06mg (27.14%), Vitamin K: 26.7µg (25.43%), Folate: 99.25µg (24.81%), Magnesium: 73.38mg (18.35%), Vitamin B6: 0.36mg (17.89%), Vitamin E: 2.47mg (16.47%), Vitamin A: 784.6IU (15.69%), Vitamin B5: 1.52mg (15.25%), Manganese: 0.29mg (14.45%), Zinc: 2.14mg (14.24%), Vitamin B3: 2.15mg (10.73%), Iron: 1.72mg (9.55%), Calcium: 89.32mg (8.93%), Vitamin B2: 0.15mg (8.85%), Vitamin B1: 0.1mg (6.79%), Selenium: 0.91µg (1.29%)