



WHATSheATE



Roasted Shrimp, Avocado and White Bean Salad



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



18

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 2 small avocado pitted peeled cut into 1/2-inch dice
- ☐ 30 oz beans white drained and rinsed canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons onion red chopped

- ☐ 18 servings salt and pepper
- ☐ 12 ounces shrimp deveined peeled
- ☐ 1 large tomatoes cut into 1/2-inch dice

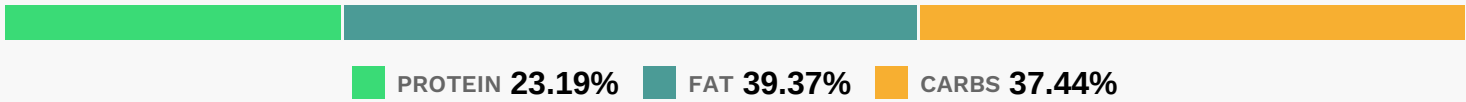
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F. Line a rimmed baking sheet with foil.
- ☐ In a bowl, toss shrimp with 1 Tbsp. oil; season with salt and pepper.
- ☐ Spread in a single layer on baking sheet and roast until just cooked through, 3 to 5 minutes.
- ☐ Transfer to a bowl; let cool slightly.
- ☐ Add beans, tomato, onion and cilantro to bowl with shrimp.
- ☐ Whisk remaining 2 Tbsp. oil, lime juice and crushed red pepper in a bowl.
- ☐ Pour over salad; toss to combine. Fold in avocados. Season with additional salt and pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:2.69, Inflammation Score:-3, Nutrition Score:6.5586956376615%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.04mg,

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 129.06kcal (6.45%), Fat: 5.88g (9.04%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 8.65g (3.15%), Sugar: 0.63g (0.7%), Cholesterol: 30.43mg (10.14%), Sodium: 221.31mg (9.62%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.79g (15.58%), Fiber: 3.92g (15.69%), Manganese: 0.3mg (14.79%), Folate: 50.73µg (12.68%), Copper: 0.23mg (11.67%), Potassium: 401.1mg (11.46%), Phosphorus: 98.14mg (9.81%), Magnesium: 38.6mg (9.65%), Iron: 1.69mg (9.36%), Vitamin E: 1.24mg (8.28%), Vitamin K: 8.45µg (8.04%), Zinc: 0.95mg (6.32%), Vitamin B6: 0.1mg (5.18%), Vitamin C: 4.21mg (5.11%), Calcium: 51.03mg (5.1%), Vitamin B1: 0.07mg (4.34%), Vitamin B5: 0.41mg (4.11%), Vitamin B2: 0.05mg (2.9%), Vitamin A: 128.92IU (2.58%), Vitamin B3: 0.51mg (2.55%), Selenium: 0.86µg (1.23%)