



Seafood Avocado Salad with Ginger



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cups arugula divided trimmed
- ☐ 1 avocado ripe peeled finely chopped
- ☐ 0.8 pound bay scallops
- ☐ 0.5 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 1 cup cucumber chopped
- ☐ 1 tablespoon fish sauce
- ☐ 2 tablespoons cilantro leaves fresh chopped

- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 0.5 cup spring onion chopped
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 pound live maine lobsters cooked coarsely chopped
- ☐ 1 tablespoon seasoned rice vinegar
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon thai chile
- ☐ 2 quarts water

Equipment

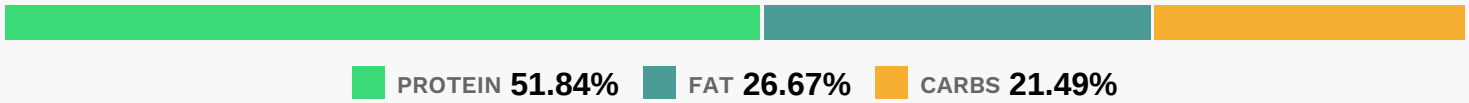
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Bring 2 quarts water to a boil in a large saucepan; reduce heat to medium, and simmer.
- ☐ Add shrimp; cook 3 minutes or until done.
- ☐ Remove shrimp with a slotted spoon.
- ☐ Add scallops to pan; cook 3 minutes or until done.
- ☐ Drain; cool 10 minutes.
- ☐ Combine shrimp, scallops, celery, and next 5 ingredients (through avocado) in a large bowl; toss well.
- ☐ Combine cilantro and the next 6 ingredients (through chile paste) in a medium bowl, stirring with a whisk.
- ☐ Add cilantro mixture to shrimp mixture, tossing to coat.

Place 1 cup trimmed arugula on each of 6 plates; top each with about 1 cup seafood and avocado mixture.

Nutrition Facts



Properties

Glycemic Index:60.82, Glycemic Load:2.38, Inflammation Score:-9, Nutrition Score:19.926086964815%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.15mg, Kaempferol: 7.15mg, Kaempferol: 7.15mg, Kaempferol: 7.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 199.08kcal (9.95%), Fat: 6.03g (9.28%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 7.37g (2.68%), Sugar: 4.15g (4.61%), Cholesterol: 152.9mg (50.97%), Sodium: 731.67mg (31.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.38g (52.76%), Vitamin K: 54.6µg (52%), Vitamin A: 2506.11IU (50.12%), Copper: 0.91mg (45.72%), Selenium: 31.96µg (45.65%), Phosphorus: 416.93mg (41.69%), Vitamin B12: 1.29µg (21.44%), Potassium: 732.6mg (20.93%), Magnesium: 82.81mg (20.7%), Zinc: 3.09mg (20.57%), Folate: 78.54µg (19.63%), Vitamin C: 14.1mg (17.1%), Fiber: 3.56g (14.25%), Calcium: 139.14mg (13.91%), Vitamin B5: 1.37mg (13.68%), Vitamin B6: 0.24mg (12.16%), Manganese: 0.24mg (11.87%), Vitamin B3: 1.95mg (9.74%), Vitamin E: 1.3mg (8.69%), Iron: 1.37mg (7.62%), Vitamin B2: 0.11mg (6.29%), Vitamin B1: 0.07mg (4.54%)