



Seafood Stuffed Avocados

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

READY IN



15 min.

SERVINGS



2

CALORIES



289 kcal

SIDE DISH

Ingredients

- 1 avocado
- 0.5 cup crab meat flaked cooked
- 2 tablespoons cucumber diced peeled
- 1 teaspoon parsley fresh chopped
- 1 pinch ground pepper black
- 1 tablespoon mayonnaise
- 1 pinch paprika
- 1 pinch salt

0.5 cup shrimp cooked

Equipment

bowl

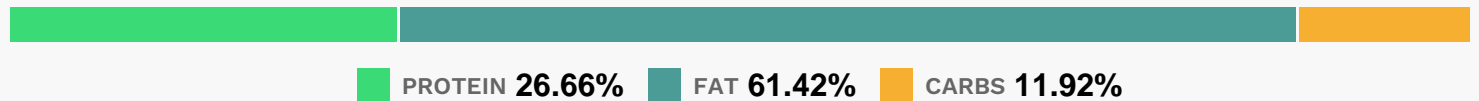
Directions

In a bowl, mix the crab, shrimp, cucumber, mayonnaise, and parsley. Season with salt, and pepper. Cover, and chill until serving.

Slice the avocados lengthwise, and remove the pit. Scoop out the flesh of the avocado, leaving about 1/2 inch on the peel. Spoon the seafood mixture into the hollowed centers of the avocado halves.

Sprinkle the tops with paprika.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:0.8, Inflammation Score:-5, Nutrition Score:16.038695785015%

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 Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 288.75kcal (14.44%), Fat: 20.59g (31.68%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 2.13g (0.77%), Sugar: 0.91g (1.01%), Cholesterol: 130.9mg (43.63%), Sodium: 331.63mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.11g (40.22%), Copper: 0.71mg (35.49%), Vitamin K: 34.62µg (32.97%), Fiber: 6.87g (27.48%), Phosphorus: 262.65mg (26.26%), Folate: 101.15µg (25.29%), Potassium: 754.58mg (21.56%), Selenium: 15.06µg (21.52%), Vitamin E: 2.95mg (19.67%), Vitamin B12: 1.13µg (18.87%), Zinc: 2.76mg (18.4%), Vitamin B5: 1.78mg (17.82%), Magnesium: 64.04mg (16.01%), Vitamin B6: 0.32mg (16.01%), Vitamin C: 11.7mg (14.19%), Vitamin B3: 2.69mg (13.44%), Manganese: 0.21mg (10.29%), Vitamin B2: 0.17mg (9.87%), Calcium: 83.67mg (8.37%), Iron: 1.1mg (6.08%), Vitamin B1: 0.08mg (5.38%), Vitamin A: 191.71IU (3.83%)