



Seared Shrimp Cocktail with Tropical Chipotle-Avocado Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 tablespoons avocado ripe peeled chopped
- ☐ 1 teaspoon chipotles in adobo canned minced
- ☐ 1 tablespoon sherry dry
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 garlic minced
- ☐ 0.3 cup spring onion chopped
- ☐ 0.5 teaspoon cumin

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 2 teaspoons olive oil
- ☐ 1.5 cups pineapple fresh finely chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 pounds shrimp unpeeled
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 cup tomatoes finely chopped

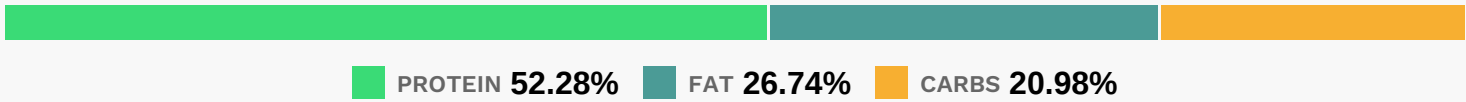
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 8 ingredients (through sugar) in a medium bowl; stir in 1/4 teaspoon salt. Cover and chill.
- ☐ Peel and devein shrimp, leaving tails intact.
- ☐ Combine shrimp, sherry, and next 3 ingredients (through garlic) in a large zip-top plastic bag; seal and shake to coat shrimp. Marinate in refrigerator 30 minutes.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Remove shrimp from bag; discard marinade.
- ☐ Add shrimp to pan; sprinkle with remaining 1/4 teaspoon salt. Cook 2 minutes on each side or until shrimp are done. Spoon 1/3 cup salsa into each of 6 martini glasses; place 5 shrimp on rim of each glass.
- ☐ Garnish each glass with a lime wedge, if desired.

Nutrition Facts



Properties

Glycemic Index:59.79, Glycemic Load:3.6, Inflammation Score:0, Nutrition Score:10.593913029069%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 178.8kcal (8.94%), Fat: 5.48g (8.43%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 7.07g (2.57%), Sugar: 5.16g (5.73%), Cholesterol: 182.57mg (60.86%), Sodium: 429.03mg (18.65%), Alcohol: 0.26g (100%), Alcohol %: 0.16% (100%), Protein: 24.09g (48.17%), Vitamin C: 26.03mg (31.56%), Copper: 0.56mg (27.76%), Phosphorus: 271.61mg (27.16%), Manganese: 0.53mg (26.46%), Vitamin K: 21.27µg (20.25%), Potassium: 525.76mg (15.02%), Magnesium: 57.47mg (14.37%), Zinc: 1.82mg (12.11%), Fiber: 2.6g (10.38%), Calcium: 92.68mg (9.27%), Folate: 33.72µg (8.43%), Vitamin B6: 0.15mg (7.3%), Iron: 1.18mg (6.58%), Vitamin E: 0.8mg (5.36%), Vitamin A: 254.25IU (5.08%), Vitamin B5: 0.45mg (4.48%), Vitamin B1: 0.06mg (4.11%), Vitamin B3: 0.77mg (3.86%), Vitamin B2: 0.06mg (3.53%)