



 **100%**
HEALTH SCORE

Shrimp and Avocado Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



639 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings shrimp
- 600 gr shrimp tiger style cleaned peeled (prawns/langoustine)
- 2 garlic clove crushed
- 1 tbsp olive oil
- 1 juice of lime
- 4 servings salt and pepper
- 4 servings the salad
- 1 leaves the of 1 cos lettuce shredded finely

- 0.8 basil chopped
- 0.8 basil chopped
- 200 gr corn sweet
- 3 spring onion chopped finely (scallions)
- 600 gr pineapple fresh cut into small cubes
- 2 avocado chopped
- 4 servings avocado
- 4 servings the dressing
- 3 olive oil
- 3 honey
- 3 juice of lime

Equipment

- bowl
- frying pan

Directions

- Firstly, to cook the shrimp, heat the olive oil in a pan and once hot add the shrimp crushed garlic and chili flakes. It is important to get the oil nice and hot (not smoking, just before that point) your shrimp should sizzle when added to the pan. Check the back of the shrimp and when you see the colour change about half way up, turn them over. Do the same on the other side. This should only take a minute to two minutes maximum on both sides otherwise you will get a rubbery result if you leave it too long. Squeeze over the lime juice this too should bubble and reduce.
- Add a little salt and pepper, stir through, remove from the heat and set aside.
- Mix the dressing ingredients together, check for flavour, adjust if need be and set aside.
- Place all the salad ingredients in a bowl except the avocado and the salt and pepper. Prepare the avocado as you are about to serve otherwise it will turn brown. Once it is covered in the lime dressing, this will slow down the oxidization process and it wont go brown so easily.
- When you are ready to serve mix of the avocado through the salad and add the dressing. Toss everything together. Taste to see if you need any salt and pepper.

Place your shrimp on top of the salad with the rest of the avocado and sprinkle/pour any residue from the pan over your salad in which you cooked the shrimp. This is great flavour, so you dont want to lose it.

Nutrition Facts

PROTEIN 19.92% **FAT 48.85%** **CARBS 31.23%**

Properties

Glycemic Index:112.11, Glycemic Load:17.52, Inflammation Score:-9, Nutrition Score:47.603913043478%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Taste

Sweetness: 100%, Saltiness: 7.89%, Sourness: 43.97%, Bitterness: 28.81%, Savoriness: 3.85%, Fattiness: 54.4%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 639.28kcal (31.96%), Fat: 37.05g (57%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 53.29g (17.76%), Net Carbohydrates: 36.02g (13.1%), Sugar: 20.01g (22.23%), Cholesterol: 207.52mg (69.17%), Sodium: 378.39mg (16.45%), Protein: 33.99g (67.99%), Vitamin C: 116.01mg (140.61%), Manganese: 2.2mg (110.15%), Vitamin B12: 4.65µg (77.51%), Selenium: 52.89µg (75.56%), Copper: 1.49mg (74.45%), Vitamin K: 73.21µg (69.72%), Fiber: 17.27g (69.08%), Folate: 250.69µg (62.67%), Phosphorus: 546.46mg (54.65%), Vitamin B6: 1.03mg (51.35%), Potassium: 1757.88mg (50.22%), Vitamin B5: 4.38mg (43.81%), Vitamin B3: 7.93mg (39.63%), Magnesium: 149.1mg (37.27%), Vitamin A: 1763.74IU (35.27%), Vitamin E: 5mg (33.3%), Vitamin B2: 0.5mg (29.18%), Zinc: 4.19mg (27.92%), Vitamin B1: 0.4mg (26.85%), Iron: 3.98mg (22.08%), Calcium: 143.67mg (14.37%)