



Shrimp and Avocado Salad

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocados pitted halved lengthwise
- ☐ 4 servings bibb lettuce leaves
- ☐ 2 tablespoons chili sauce
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 1 teaspoon paprika
- ☐ 4 servings pimento peppers sliced for garnish

- ☐ 4 servings salt to taste
- ☐ 1 cup salad shrimp cooked
- ☐ 1 tablespoon worcestershire sauce

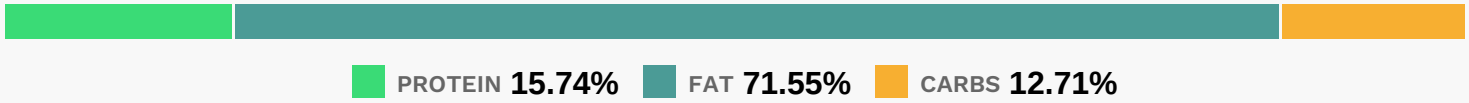
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, mix the shrimp, chives, mayonnaise, Worcestershire sauce, and chili sauce. Season with salt.
- ☐ Mound the shrimp mixture into avocado halves, and sprinkle with lemon juice.
- ☐ Place avocado halves on Bibb lettuce leaves that have been dusted with paprika.
- ☐ Garnish with strips of pimento to serve.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:13.867826254471%

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 Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 351.28kcal (17.56%), Fat: 29.15g (44.85%), Saturated Fat: 4.4g (27.52%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 4.49g (1.63%), Sugar: 2.41g (2.68%), Cholesterol: 103.07mg (34.36%), Sodium: 546.14mg (23.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.43g (28.85%), Vitamin K: 56.69µg (53.99%), Fiber: 7.17g (28.68%), Copper: 0.45mg (22.57%), Folate: 86.72µg (21.68%), Potassium: 733.11mg (20.95%), Vitamin E: 3mg

(20.03%), Phosphorus: 192.48mg (19.25%), Vitamin C: 15.21mg (18.43%), Vitamin B5: 1.45mg (14.52%), Vitamin B6: 0.29mg (14.49%), Magnesium: 53.44mg (13.36%), Vitamin A: 584.68IU (11.69%), Zinc: 1.52mg (10.14%), Vitamin B3: 1.97mg (9.86%), Vitamin B2: 0.15mg (9.1%), Manganese: 0.18mg (9.04%), Iron: 1.35mg (7.51%), Calcium: 60.74mg (6.07%), Vitamin B1: 0.08mg (5.56%), Selenium: 0.99µg (1.42%)