



Shrimp and Avocado Salad with Creole Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 avocado peeled thinly sliced
- 8 cups torn boston lettuce (4 small heads)
- 1 teaspoon bottled garlic minced
- 2 tablespoons dijon mustard
- 1 tablespoon flat-leaf parsley fresh chopped
- 0.3 teaspoon ground pepper red
- 2 tablespoons juice of lemon fresh
- 0.5 cup mayonnaise low-fat

- 0.1 teaspoon paprika
- 0.3 cup onion red sliced
- 1.5 pounds shrimp deveined cooked peeled

Equipment

- bowl

Directions

- Combine first 8 ingredients in a large bowl.
- Add lettuce and shrimp to bowl; toss well to coat.
- Place about 2 cups salad on each of 4 plates; arrange one-fourth of avocado slices around each serving.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:20.193913045137%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 277.44kcal (13.87%), Fat: 11.32g (17.42%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 5.97g (2.17%), Sugar: 2.86g (3.18%), Cholesterol: 278.34mg (92.78%), Sodium: 524.56mg (22.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.73g (73.47%), Vitamin K: 139.34µg (132.7%), Vitamin A: 3541.41IU (70.83%), Phosphorus: 428.93mg (42.89%), Copper: 0.75mg (37.55%), Folate: 100.12µg (25.03%),

Potassium: 865.66mg (24.73%), Magnesium: 86.54mg (21.64%), Zinc: 2.76mg (18.4%), Manganese: 0.34mg (17.19%), Calcium: 160mg (16%), Iron: 2.55mg (14.19%), Vitamin C: 11.7mg (14.18%), Fiber: 3.41g (13.65%), Vitamin E: 1.42mg (9.45%), Vitamin B6: 0.19mg (9.43%), Vitamin B1: 0.1mg (6.71%), Vitamin B2: 0.11mg (6.34%), Selenium: 4.23µg (6.04%), Vitamin B5: 0.57mg (5.73%), Vitamin B3: 0.9mg (4.48%)