



Shrimp and Avocado Salad with Frico Chips

READY IN



65 min.

SERVINGS



8

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon agave nectar
- ☐ 1 medium avocado diced peeled seeded
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons chives fresh chopped
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 12 jumbo shrimp deveined peeled
- ☐ 0.1 teaspoon kosher salt

- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 lemon zest
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup parmigiano-reggiano cheese grated
- ☐ 2 tablespoons soya sauce
- ☐ 1 medium zucchini halved lengthwise

Equipment

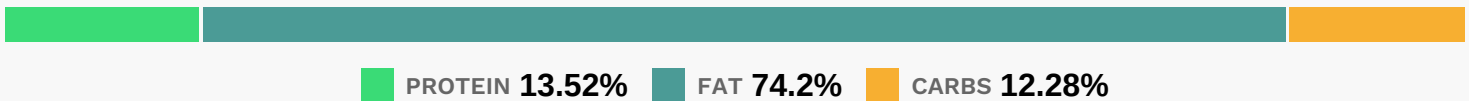
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ grill
- ☐ slotted spoon
- ☐ grill pan
- ☐ pastry brush

Directions

- ☐ Special equipment: nonstick silicon baking mat, such as Silpat; eight 1/2-cup ramekins
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 375 degrees F.
- ☐ Line a baking sheet with a silicon mat.
- ☐ Place eight 1-tablespoon mounds of cheese on the mat and gently tap down until flat.
- ☐ Bake until golden and bubbly, 8 to 10 minutes.
- ☐ Let the frico chips cool until firm, about 5 minutes.
- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill.

- ☐ For the zucchini: Using a pastry brush, brush the zucchini halves with the oil and season with the salt. Grill until tender, 4 to 5 minutes each side. When cool enough to handle, cut the zucchini into 1/2-inch cubes.
- ☐ For the shrimp: In a medium bowl, mix together the oil, soy sauce, garlic, zest, parsley, chives, salt and pepper.
- ☐ Add the shrimp and toss until coated. Refrigerate for 30 minutes. Grill until pink and cooked through, 2 to 3 minutes each side. Chop into 1/2-inch pieces.
- ☐ For the dressing: In a small bowl, whisk together the oil, lemon juice, agave, mustard, salt and pepper until smooth.
- ☐ In a medium bowl, combine the zucchini, shrimp, dressing and avocado. Gently toss until all the ingredients are coated.
- ☐ Using a slotted spoon, spoon the salad into 8 small ramekins.
- ☐ Garnish with frico chips and serve.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:7.5143477897281%

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: 0.18mg, 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 Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 190.52kcal (9.53%), Fat: 16.28g (25.05%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 3.89g (1.41%), Sugar: 2.86g (3.17%), Cholesterol: 28.4mg (9.47%), Sodium: 562.96mg (24.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.35%), Vitamin K: 39.81µg (37.92%), Vitamin C: 12.31mg

(14.93%), Vitamin E: 2.16mg (14.4%), Phosphorus: 106.77mg (10.68%), Calcium: 97.02mg (9.7%), Fiber: 2.18g (8.72%), Folate: 32.25µg (8.06%), Potassium: 259.81mg (7.42%), Vitamin B6: 0.14mg (6.8%), Copper: 0.13mg (6.75%), Manganese: 0.13mg (6.54%), Vitamin A: 294.92IU (5.9%), Magnesium: 23.43mg (5.86%), Vitamin B2: 0.09mg (5.41%), Vitamin B5: 0.46mg (4.65%), Zinc: 0.67mg (4.43%), Vitamin B3: 0.8mg (3.99%), Iron: 0.67mg (3.7%), Vitamin B1: 0.04mg (2.76%), Selenium: 1.92µg (2.75%), Vitamin B12: 0.08µg (1.25%)