



Shrimp and Avocado Salad with Grapefruit Vinaigrette

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 firm-ripe california avocados
- ☐ 2 oz baby spinach
- ☐ 0.3 teaspoon ginger fresh finely grated peeled
- ☐ 0.3 cup grapefruit juice fresh
- ☐ 0.3 cup hazelnuts
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 pink red

- ☐ 0.5 lb shrimp shelled deveined (8 to 10)
- ☐ 0.3 cup sprouts trimmed (preferably radish)
- ☐ 1 tablespoon butter unsalted
- ☐ 1 tablespoon vegetable oil
- ☐ 1 grapefruit white

Equipment

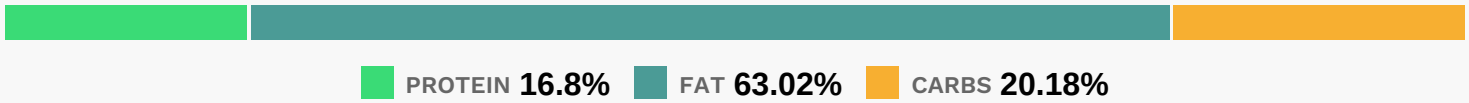
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ whisk

Directions

- ☐ Whisk together vinaigrette ingredients with salt and pepper to taste.
- ☐ Cut peel, including all white pith, from fruit with a sharp paring knife and cut segments free from membranes. Halve enough grapefruit segments to measure 1 1/2 cups (reserve any remaining segments for another use).
- ☐ Coarsely chop hazelnuts. Melt butter in a 12-inch nonstick skillet over moderate heat until foam subsides, then cook hazelnuts with salt and pepper to taste, stirring, until a shade darker, about 5 minutes.
- ☐ Transfer nuts to paper towels to cool, reserving skillet.
- ☐ Quarter avocados lengthwise, then pit and peel.
- ☐ Cut lengthwise into 1/4-inch-thick slices.
- ☐ Drizzle with lime juice and season with salt and pepper.
- ☐ Pat shrimp dry and season with salt and pepper.
- ☐ Heat oil in skillet over moderately high heat until hot but not smoking, then sauté shrimp, turning them, until golden and just cooked through, about 3 minutes.
- ☐ Toss together spinach, half of grapefruit segments, and half of vinaigrette with salt and pepper to taste.

Arrange avocados and remaining grapefruit on 4 plates and top with shrimp, salad, and sprouts. Spoon remaining vinaigrette over salad and sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:3.07, Inflammation Score:-9, Nutrition Score:22.24304355519%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 20.16mg, Naringenin: 20.16mg, Naringenin: 20.16mg, Naringenin: 20.16mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 348.11kcal (17.41%), Fat: 26.03g (40.05%), Saturated Fat: 4.87g (30.45%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 9.93g (3.61%), Sugar: 6.95g (7.73%), Cholesterol: 98.81mg (32.94%), Sodium: 86.55mg (3.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.24%), Vitamin K: 97.77µg (93.11%), Vitamin C: 38.29mg (46.41%), Vitamin A: 2279.84IU (45.6%), Manganese: 0.77mg (38.49%), Fiber: 8.82g (35.29%), Folate: 126.69µg (31.67%), Copper: 0.58mg (29.21%), Vitamin E: 3.94mg (26.24%), Potassium: 878.91mg (25.11%), Phosphorus: 217.53mg (21.75%), Magnesium: 80.23mg (20.06%), Vitamin B6: 0.36mg (18.12%), Vitamin B5: 1.67mg (16.68%), Zinc: 1.74mg (11.62%), Vitamin B2: 0.19mg (11.12%), Vitamin B3: 2.17mg (10.85%), Vitamin B1: 0.16mg (10.35%), Iron: 1.72mg (9.53%), Calcium: 87.39mg (8.74%), Selenium: 0.83µg (1.19%)