



Shrimp and Avocado Sandwiches with Spiced Kirbys

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe cut into thin lengthwise slices
- ☐ 0.3 cup basil leaves shredded finely
- ☐ 2 servings dijon mustard for serving
- ☐ 2 servings pepper sauce hot
- ☐ 4 spiced kirby pickles very thinly sliced lengthwise
- ☐ 2 servings salt and pepper freshly ground
- ☐ 5 ounces shrimp shelled deveined

- ☐ 2 kaiser rolls halved
- ☐ 1 large tomatoes thinly sliced

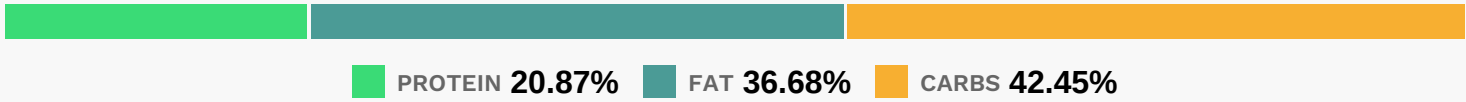
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan of boiling water, cook the shrimp until bright pink and just opaque throughout, about 1 minute.
- ☐ Drain and halve the shrimp lengthwise.
- ☐ Spread the kaiser rolls with mustard. Arrange half the Spiced Kirby Pickles on the bottom half of each roll.
- ☐ Layer the avocado and tomato on top, seasoning both with salt and pepper. Arrange half the shrimp and basil on each sandwich and add a dash of hot sauce. Cover with the top halves of the rolls, cut the sandwiches in half and serve.

Nutrition Facts



Properties

Glycemic Index:126.5, Glycemic Load:24.66, Inflammation Score:-8, Nutrition Score:21.680869620779%

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 Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 430.01kcal (21.5%), Fat: 18.27g (28.1%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 47.56g (15.85%), Net Carbohydrates: 37.11g (13.49%), Sugar: 9.13g (10.15%), Cholesterol: 114.11mg (38.04%), Sodium: 1690.4mg (73.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.38g (46.77%), Iron: 12.29mg (68.29%), Vitamin K: 62.66µg (59.68%), Fiber: 10.45g (41.82%), Vitamin C: 25.88mg (31.37%), Potassium: 1052.34mg (30.07%), Copper: 0.57mg

(28.55%), Folate: 107.85µg (26.96%), Vitamin A: 1304.62IU (26.09%), Phosphorus: 253.66mg (25.37%), Magnesium: 77.39mg (19.35%), Manganese: 0.39mg (19.34%), Vitamin B6: 0.38mg (19.18%), Vitamin E: 2.77mg (18.46%), Vitamin B5: 1.56mg (15.63%), Calcium: 151.7mg (15.17%), Vitamin B2: 0.23mg (13.39%), Zinc: 1.95mg (12.98%), Vitamin B3: 2.49mg (12.43%), Vitamin B1: 0.17mg (11.51%), Selenium: 2.11µg (3.02%)