

Shrimp and Garlic

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



10

CALORIES



151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced pitted peeled
- 10 servings chili pepper flakes
- 10 servings cilantro leaves fresh chopped
- 5 cloves garlic minced
- 1 bell pepper green finely chopped
- 0.5 cup olive oil
- 1 bell pepper red finely chopped
- 10 servings salt and pepper to taste

2 pounds shrimp deveined cooked peeled

1 onion diced sweet

Equipment

mixing bowl

Directions

Place shrimp in a large mixing bowl with red and green bell peppers, garlic, onion, cilantro, and avocado.

Drizzle with olive oil, and season with salt and pepper. Cover, and refrigerate for at least 1 hour to allow flavors to develop.

Serve chilled.

Nutrition Facts

 **PROTEIN 49.6%** **FAT 32.85%** **CARBS 17.55%**

Properties

Glycemic Index:18.9, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:9.6265217221302%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 150.69kcal (7.53%), Fat: 5.71g (8.79%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 4.58g (1.67%), Sugar: 3.13g (3.47%), Cholesterol: 146.06mg (48.69%), Sodium: 307.88mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.81%), Vitamin C: 43.26mg (52.44%), Phosphorus: 225.64mg (22.56%), Copper: 0.44mg (21.95%), Potassium: 461.1mg (13.17%), Magnesium: 45.88mg (11.47%), Vitamin B6: 0.23mg (11.27%), Vitamin A: 548.38IU (10.97%), Zinc: 1.48mg (9.85%), Fiber: 2.28g (9.12%), Vitamin K: 8.82µg (8.4%), Folate: 32.97µg (8.24%), Manganese: 0.16mg (7.81%), Calcium: 73.44mg (7.34%), Vitamin E: 1.04mg (6.92%),

Iron: 0.9mg (5.02%), Vitamin B5: 0.39mg (3.91%), Vitamin B3: 0.7mg (3.52%), Vitamin B1: 0.05mg (3.37%), Vitamin B2: 0.06mg (3.33%)