



## Shrimp and Green Chile Salad

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



217 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.7 cup avocado diced peeled
- 4.5 ounce chiles green undrained canned
- 0.5 teaspoon chili powder
- 1 teaspoon chili powder
- 2.3 cups corn kernels fresh yellow
- 4 large ears)
- 2 ounces feta cheese crumbled
- 0.5 cup cilantro leaves fresh chopped

- 2 garlic cloves minced
- 1 pint grape tomatoes halved
- 2 green onions sliced
- 0.5 teaspoon ground cumin
- 0 cups torn romaine lettuce
- 1 pound shrimp cooked peeled
- 1 tablespoon vegetable oil
- 1 tablespoon citrus champagne vinegar

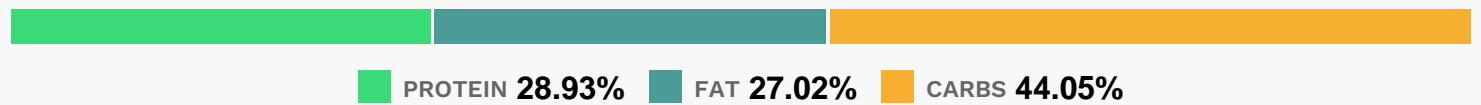
## Equipment

- food processor

## Directions

- Combine first 8 ingredients in a food processor; process until smooth. Set aside.
- Combine shrimp and 1/2 teaspoon chili powder; toss well.
- Toss together shrimp, lettuce, and remaining 4 ingredients.
- Add chile mixture, and toss well to coat.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:13.433043425498%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin:

1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

## Nutrients (% of daily need)

Calories: 216.75kcal (10.84%), Fat: 7.12g (10.96%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 21.79g (7.93%), Sugar: 8.78g (9.76%), Cholesterol: 97.59mg (32.53%), Sodium: 239.83mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.31%), Vitamin C: 23.53mg (28.52%), Phosphorus: 272.24mg (27.22%), Potassium: 702.84mg (20.08%), Folate: 79.71µg (19.93%), Vitamin K: 20.61µg (19.63%), Vitamin A: 981.14IU (19.62%), Magnesium: 75.64mg (18.91%), Copper: 0.36mg (17.76%), Fiber: 4.33g (17.32%), Manganese: 0.32mg (16.09%), Vitamin B1: 0.22mg (14.82%), Vitamin B3: 2.81mg (14.04%), Vitamin B6: 0.25mg (12.7%), Zinc: 1.72mg (11.49%), Vitamin B5: 1.13mg (11.29%), Vitamin B2: 0.16mg (9.57%), Calcium: 93.33mg (9.33%), Iron: 1.6mg (8.87%), Vitamin E: 1mg (6.65%), Selenium: 2.05µg (2.93%), Vitamin B12: 0.12µg (2%)