



Shrimp, Avocado, and Farfalle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



320 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup avocado diced peeled
- ☐ 1.5 cups cherry tomatoes halved
- ☐ 4.5 cups farfalle pasta cooked uncooked ()
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup bell pepper diced red
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp cooked peeled
- ☐ 0.3 cup sacramento tomato juice

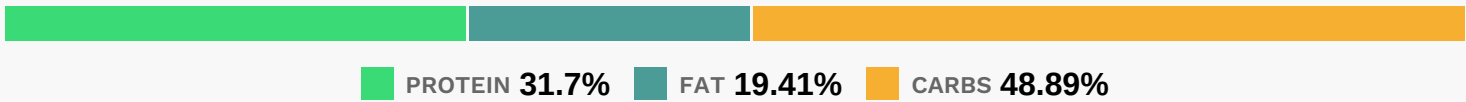
Equipment

- ☐ whisk

Directions

- ☐ Combine first 7 ingredients; stir well with a whisk.
- ☐ Combine with shrimp, pasta, and remaining ingredients; toss gently.

Nutrition Facts



Properties

Glycemic Index:50.57, Glycemic Load:13.69, Inflammation Score:-8, Nutrition Score:16.122608765312%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 319.65kcal (15.98%), Fat: 7.04g (10.83%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 39.91g (13.3%), Net Carbohydrates: 35.63g (12.96%), Sugar: 5g (5.55%), Cholesterol: 146.06mg (48.69%), Sodium: 357.74mg (15.55%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.88g (51.76%), Vitamin C: 38.45mg (46.61%), Selenium: 25.1µg (35.86%), Phosphorus: 309.24mg (30.92%), Copper: 0.56mg (27.78%), Manganese: 0.52mg (26.1%), Vitamin K: 26.18µg (24.93%), Vitamin A: 1061.84IU (21.24%), Magnesium: 76.43mg (19.11%), Potassium: 646.3mg (18.47%), Fiber: 4.29g (17.14%), Iron: 3.04mg (16.9%), Zinc: 2.12mg (14.14%), Folate: 52.47µg (13.12%), Vitamin B6: 0.22mg (11.06%), Vitamin E: 1.47mg (9.78%), Calcium: 88.93mg (8.89%), Vitamin B3: 1.74mg (8.7%), Vitamin B1: 0.12mg (7.74%), Vitamin B5: 0.68mg (6.83%), Vitamin B2: 0.09mg (5.5%)