



Shrimp, Avocado, and Grapefruit Salad

 Gluten Free  Dairy Free

READY IN



48 min.

SERVINGS



4

CALORIES



288 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado peeled cut into 12 wedges
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 2 teaspoons brown sugar
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 1 grapefruit
- ☐ 2.5 tablespoons olive oil divided
- ☐ 6 cups romaine lettuce chopped
- ☐ 0.5 teaspoon salt divided

- ☐ 1 teaspoon shallots chopped
- ☐ 12 ounces shrimp deveined peeled

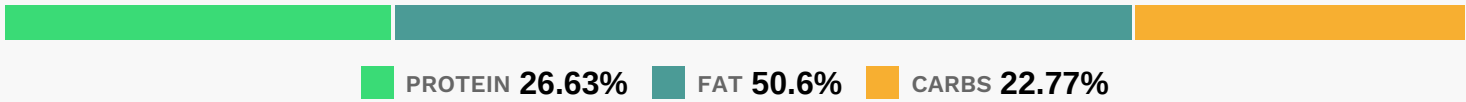
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 1/2 teaspoons oil to pan; swirl to coat.
- ☐ Sprinkle shrimp with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Add shrimp to pan; cook 3 minutes or until shrimp are done, stirring frequently.
- ☐ Remove from pan; keep warm.
- ☐ Peel and section grapefruit over a bowl, reserving 3 tablespoons juice.
- ☐ Combine grapefruit juice, remaining 2 tablespoons oil, remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, tarragon, brown sugar, and shallots in a large bowl, stirring well with a whisk.
- ☐ Add lettuce; toss. Arrange 2 cups lettuce mixture on each of 4 plates. Top each serving with 3 avocado wedges; divide shrimp and grapefruit sections evenly among servings.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:2.91, Inflammation Score:-10, Nutrition Score:22.258695446927%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg

Naringenin: 20.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 287.51kcal (14.38%), Fat: 17.13g (26.35%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 11.16g (4.06%), Sugar: 7.56g (8.4%), Cholesterol: 136.93mg (45.64%), Sodium: 404.04mg (17.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.57%), Vitamin A: 7097.62IU (141.95%), Vitamin K: 88.29µg (84.09%), Folate: 154.7µg (38.68%), Vitamin C: 29.6mg (35.88%), Manganese: 0.52mg (26.05%), Copper: 0.51mg (25.46%), Phosphorus: 252.34mg (25.23%), Fiber: 6.18g (24.71%), Potassium: 840.61mg (24.02%), Magnesium: 72.62mg (18.16%), Vitamin E: 2.48mg (16.51%), Vitamin B6: 0.3mg (15.12%), Iron: 2.67mg (14.82%), Calcium: 140.34mg (14.03%), Zinc: 1.81mg (12.06%), Vitamin B2: 0.18mg (10.56%), Vitamin B5: 0.97mg (9.72%), Vitamin B1: 0.12mg (8.08%), Vitamin B3: 1.54mg (7.72%), Selenium: 0.74µg (1.05%)