



Shrimp, Avocado and Orange Salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



368 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado pitted peeled cut into 1/2-inch chunks
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons juice of lime fresh (from 1 large lime)
- ☐ 0.3 cup olive oil
- ☐ 2 oranges peeled cut into 1-inch pieces
- ☐ 0.5 small onion red thinly sliced
- ☐ 8 cups romaine lettuce shredded

- ☐ 0.5 teaspoon salt
- ☐ 12 oz shrimp frozen thawed deveined cooked peeled

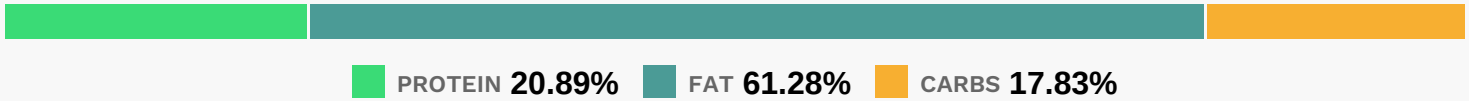
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium bowl, whisk together olive oil, lime juice, mustard, salt and crushed red pepper.
- ☐ Add oranges, avocado, shrimp and onion and toss gently to coat.
- ☐ Divide lettuce among dinner plates. Top with shrimp mixture and serve.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:3.28, Inflammation Score:-10, Nutrition Score:24.184347753939%

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 Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 18.52mg, Hesperetin: 18.52mg, Hesperetin: 18.52mg, Hesperetin: 18.52mg Naringenin: 10.06mg, Naringenin: 10.06mg, Naringenin: 10.06mg, Naringenin: 10.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 367.83kcal (18.39%), Fat: 26.3g (40.47%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 9.89g (3.6%), Sugar: 8.33g (9.25%), Cholesterol: 136.93mg (45.64%), Sodium: 433.54mg (18.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.35%), Vitamin A: 8451IU (169.02%), Vitamin K: 118.01µg (112.39%), Vitamin C: 46.91mg (56.86%), Folate: 191.76µg (47.94%), Fiber: 7.33g (29.31%), Vitamin E:

3.95mg (26.32%), Copper: 0.51mg (25.67%), Phosphorus: 253.62mg (25.36%), Potassium: 854.25mg (24.41%), Magnesium: 67.42mg (16.85%), Manganese: 0.29mg (14.69%), Vitamin B6: 0.26mg (13.08%), Calcium: 124.24mg (12.42%), Zinc: 1.77mg (11.83%), Vitamin B1: 0.17mg (11.44%), Iron: 1.9mg (10.53%), Vitamin B5: 1.03mg (10.3%), Vitamin B2: 0.16mg (9.54%), Vitamin B3: 1.41mg (7.04%), Selenium: 1.86µg (2.65%)