



Shrimp Avocado Pasta Salad

READY IN



25 min.

SERVINGS



8

CALORIES



659 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocados diced pitted peeled
- ☐ 0.3 pound bacon
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.3 cup juice of lemon
- ☐ 4 cups lettuce shredded
- ☐ 1 cup mayonnaise
- ☐ 16 ounce penne pasta uncooked
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 pound shrimp deveined cooked peeled

☐ 2 tomatoes diced

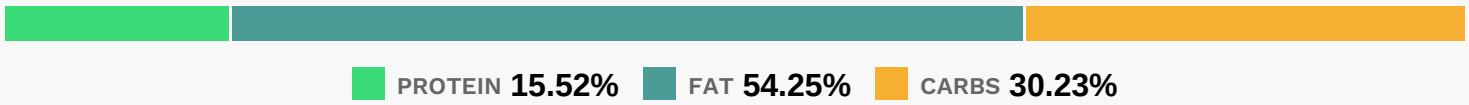
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain. Rinse under cold running water to cool.
- ☐ Place bacon in a skillet over medium high heat, and cook until evenly brown.
- ☐ Drain and crumble.
- ☐ In a large bowl, gently toss together the pasta, bacon, shrimp, avocados, Cheddar cheese, mayonnaise, lemon juice, tomatoes, and red pepper.
- ☐ Serve over lettuce.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:18.08, Inflammation Score:-7, Nutrition Score:20.311739273693%

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: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 659.04kcal (32.95%), Fat: 40.07g (61.65%), Saturated Fat: 9.18g (57.39%), Carbohydrates: 50.22g (16.74%), Net Carbohydrates: 44.13g (16.05%), Sugar: 3.78g (4.2%), Cholesterol: 126.53mg (42.18%), Sodium: 447.72mg (19.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.8g (51.6%), Vitamin K: 67.96µg (64.72%), Selenium: 43.62µg (62.31%), Phosphorus: 361.55mg (36.16%), Manganese: 0.7mg (35.01%), Copper: 0.53mg (26.39%), Fiber: 6.09g (24.37%), Potassium: 700.75mg (20.02%), Magnesium: 76.99mg (19.25%), Zinc: 2.73mg (18.2%), Folate: 71.92µg (17.98%), Vitamin E: 2.53mg (16.84%), Calcium: 167.87mg (16.79%), Vitamin C: 13.2mg (16%), Vitamin B6: 0.31mg (15.39%), Vitamin A: 749.79IU (15%), Vitamin B3: 2.68mg (13.39%), Vitamin B5: 1.2mg (12%), Vitamin B2: 0.2mg (11.57%), Vitamin B1: 0.16mg (10.62%), Iron: 1.73mg (9.6%), Vitamin B12: 0.25µg (4.24%), Vitamin D: 0.2µg (1.32%)