



Shrimp Cobb Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



443 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado ripe peeled cut into 8 wedges
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup carrots shredded (2 carrots)
- ☐ 2 cups cherry tomatoes quartered
- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon paprika

- ☐ 10 ounce romaine salad
- ☐ 0.3 teaspoon salt divided
- ☐ 1 pound shrimp deveined peeled
- ☐ 4 slices center-cut bacon
- ☐ 0.5 teaspoon whole-grain dijon mustard

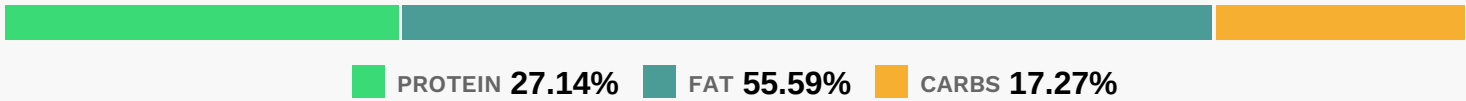
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; cut in half crosswise. Wipe pan clean with paper towels. Increase heat to medium-high.
- ☐ Sprinkle shrimp with paprika and pepper. Coat pan with cooking spray.
- ☐ Add shrimp to pan; cook 2 minutes on each side or until done.
- ☐ Sprinkle with 1/8 teaspoon salt; toss to coat.
- ☐ While the shrimp cooks, combine remaining 1/8 teaspoon salt, juice, oil, and mustard in a large bowl, stirring with a whisk.
- ☐ Add lettuce; toss to coat.
- ☐ Arrange about 1 1/2 cups lettuce mixture on each of 4 plates. Top each serving with about 6 shrimp, 1/2 cup tomatoes, 1/4 cup carrot, 1/4 cup corn, 2 avocado wedges, and 2 bacon pieces.

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:26.421304409919%

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: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 442.83kcal (22.14%), Fat: 28.45g (43.78%), Saturated Fat: 6.86g (42.86%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 12.62g (4.59%), Sugar: 6.64g (7.38%), Cholesterol: 206.33mg (68.78%), Sodium: 649.39mg (28.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.53%), Vitamin A: 12113.29IU (242.27%), Vitamin K: 93.08µg (88.65%), Folate: 170.09µg (42.52%), Phosphorus: 395.23mg (39.52%), Vitamin C: 31.02mg (37.6%), Copper: 0.68mg (33.87%), Potassium: 1126.39mg (32.18%), Fiber: 7.27g (29.07%), Magnesium: 85.9mg (21.48%), Manganese: 0.42mg (20.87%), Vitamin B6: 0.41mg (20.3%), Vitamin E: 2.8mg (18.66%), Vitamin B3: 3.7mg (18.52%), Zinc: 2.76mg (18.42%), Vitamin B1: 0.25mg (16.77%), Iron: 2.53mg (14.04%), Vitamin B5: 1.35mg (13.5%), Vitamin B2: 0.22mg (12.85%), Calcium: 126mg (12.6%), Selenium: 8.62µg (12.31%), Vitamin B12: 0.18µg (3%)