



Shrimp, Grapefruit, and Avocado Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup avocado cubed peeled
- ☐ 1 tablespoon chives fresh minced
- ☐ 1.5 cups grapefruit sections red 2 grapefruits
- ☐ 1 tablespoon grapefruit juice fresh
- ☐ 0.1 teaspoon ground pepper white
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 4 cups slivered romaine lettuce hearts

- ☐ 0.8 pound shrimp deveined cooked peeled
- ☐ 1 teaspoon sugar

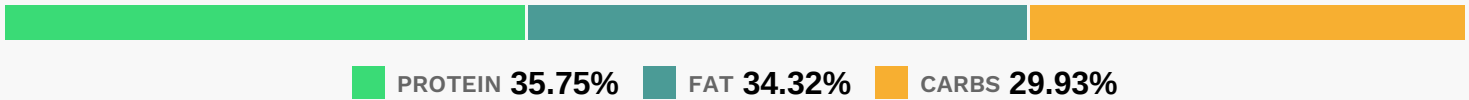
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine grapefruit sections and shrimp in a medium bowl, and set aside. In a small bowl, whisk together grapefruit juice, oil, salt, pepper, and sugar.
- ☐ Place the lettuce in a large bowl, and drizzle with dressing, tossing gently to coat; divide among 4 plates. Divide shrimp mixture, avocado, and chives among salads.

Nutrition Facts



Properties

Glycemic Index:57.02, Glycemic Load:3.14, Inflammation Score:-10, Nutrition Score:19.575217184813%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 28.15mg, Naringenin: 28.15mg, Naringenin: 28.15mg, Naringenin: 28.15mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 204.42kcal (10.22%), Fat: 8.3g (12.76%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 10.84g (3.94%), Sugar: 8.47g (9.41%), Cholesterol: 136.93mg (45.64%), Sodium: 400.43mg (17.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.45g (38.9%), Vitamin A: 7350.74IU (147.01%), Vitamin K: 84.48µg (80.45%), Vitamin C: 35mg (42.42%), Folate: 140.38µg (35.09%), Phosphorus: 239.59mg (23.96%), Copper: 0.47mg (23.4%), Fiber: 5.44g (21.77%), Potassium: 709.12mg (20.26%), Magnesium: 59.24mg (14.81%),

Manganese: 0.22mg (10.91%), Zinc: 1.62mg (10.77%), Calcium: 103.03mg (10.3%), Vitamin B6: 0.2mg (9.82%),
Vitamin B5: 0.86mg (8.55%), Vitamin E: 1.27mg (8.48%), Iron: 1.47mg (8.14%), Vitamin B1: 0.11mg (7.64%), Vitamin B2:
0.12mg (7.34%), Vitamin B3: 1.07mg (5.35%)