



Shrimp, Hearts of Palm, and Avocado Salad

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

560 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- ☐ 2 avocados ripe sliced
- ☐ 6 ounce baby spinach fresh
- ☐ 0.3 cup canola oil
- ☐ 1 cup cilantro leaves fresh
- ☐ 2 garlic cloves chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 14 ounce hearts of palm drained cut into 2-inch pieces canned

- ☐ 0.3 cup juice of lime fresh
- ☐ 2 plum tomatoes cut into wedges
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined cooked peeled

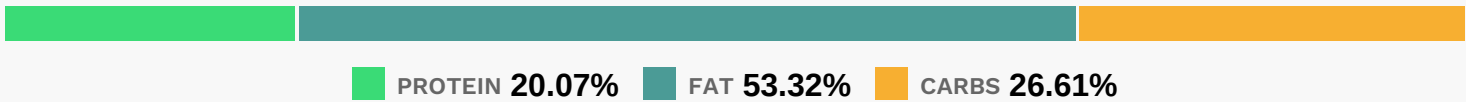
Equipment

- ☐ food processor

Directions

- ☐ Process cilantro and next 5 ingredients in a food processor until smooth. With processor running, add oil in a slow, steady stream until blended.
- ☐ Toss spinach with 1/4 cup dressing; divide evenly among 4 serving plates. Top evenly with shrimp, hearts of palm, avocado, and tomato wedges.
- ☐ Drizzle salads evenly with remaining dressing.
- ☐ Wine note: "For this salad, I chose a Wine Spectator 2004 Top 100--Chateau Ste. Michelle Eroica Riesling 2003 [\$19]--a wine of superior character and style. It is not like the German-style Rieslings, but has green-apple and apricot flavors that give it a mild sugar finish with almost a caramel taste." --Rosalind Johnson, Divas Uncorked, Massachusetts

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:37.032174027484%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin:

4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 559.74kcal (27.99%), Fat: 34.55g (53.15%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 38.8g (12.93%), Net Carbohydrates: 29.02g (10.55%), Sugar: 19g (21.11%), Cholesterol: 182.57mg (60.86%), Sodium: 484.54mg (21.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.27g (58.53%), Vitamin K: 254.84µg (242.7%), Vitamin A: 4766.73IU (95.33%), Potassium: 2939.86mg (84%), Copper: 1.37mg (68.36%), Vitamin B6: 1.2mg (60.13%), Folate: 196.49µg (49.12%), Vitamin C: 40.34mg (48.89%), Phosphorus: 469.88mg (46.99%), Vitamin E: 7.04mg (46.9%), Zinc: 6.21mg (41.37%), Fiber: 9.78g (39.11%), Manganese: 0.65mg (32.6%), Magnesium: 119.4mg (29.85%), Iron: 4.34mg (24.1%), Vitamin B2: 0.41mg (23.96%), Vitamin B3: 3.23mg (16.13%), Calcium: 157.81mg (15.78%), Vitamin B5: 1.5mg (15.02%), Vitamin B1: 0.17mg (11.52%), Selenium: 1.81µg (2.58%)