



Shrimp Louis Platter Salad

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

READY IN



15 min.

SERVINGS



6

CALORIES



324 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

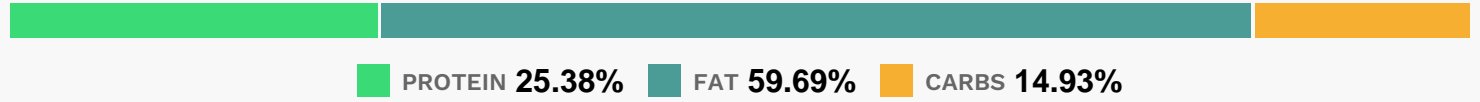
- 1 avocado pitted peeled sliced
- 4 cups cabbage shredded chinese (napa)
- 0.5 cup oz. bacon into pieces
- 0.5 cup bell pepper red chopped
- 1 lb shrimp shelled deveined cooked
- 1 cup thousand island dressing

Equipment

Directions

- On large serving platter, arrange cabbage, shrimp, bacon, bell pepper and avocado.
- Drizzle dressing over salad.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:14.817391426667%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 324.29kcal (16.21%), Fat: 22.03g (33.9%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 12.4g (4.13%), Net Carbohydrates: 8.39g (3.05%), Sugar: 8.57g (9.52%), Cholesterol: 146mg (48.67%), Sodium: 784.54mg (34.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.16%), Vitamin K: 71.9µg (68.48%), Vitamin C: 36.32mg (44.03%), Vitamin B1: 0.66mg (43.84%), Phosphorus: 205.81mg (20.58%), Copper: 0.37mg (18.51%), Vitamin E: 2.63mg (17.51%), Fiber: 4.01g (16.02%), Potassium: 512.17mg (14.63%), Folate: 52.91µg (13.23%), Magnesium: 46.6mg (11.65%), Vitamin A: 571.33IU (11.43%), Zinc: 1.45mg (9.67%), Vitamin B6: 0.18mg (9%), Manganese: 0.18mg (8.89%), Calcium: 79.02mg (7.9%), Iron: 1.34mg (7.45%), Vitamin B5: 0.6mg (6.04%), Vitamin B2: 0.1mg (5.7%), Vitamin B3: 0.99mg (4.94%), Selenium: 0.91µg (1.3%)