



Shrimp, Mango, and Avocado Salad with Sweet Chili-Ginger Vinaigrette

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado pitted peeled halved cut into 1/3-inch-thick slices
- 1 large head boston lettuce separated
- 0.5 cup chilli sauce sweet
- 1 tablespoon ginger fresh minced peeled
- 1 large mangos pitted peeled cut into 1/3-inch-thick slices
- 12 large shrimp with tails left intact (8 ounces) cooked peeled
- 2 tablespoons rice vinegar

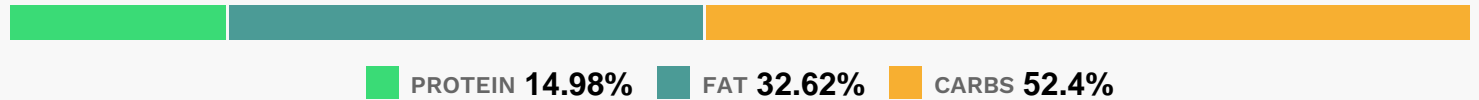
Equipment

- bowl
- whisk

Directions

- Whisk first 3 ingredients in small bowl;season with salt and pepper.
- Place shrimp inmedium bowl.
- Add 3 tablespoons vinaigrette;toss to coat. Divide lettuce among plates.Alternate mango, avocado, and shrimp atoplettuce on each plate.
- Drizzle vinaigrette over.
- Per serving:223 calories,8 g fat, 5 g fiber
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:39.19, Glycemic Load:4, Inflammation Score:-9, Nutrition Score:12.599999961646%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 210.75kcal (10.54%), Fat: 8.03g (12.35%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 24.15g (8.78%), Sugar: 23.07g (25.64%), Cholesterol: 48.3mg (16.1%), Sodium: 360.91mg (15.69%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.59%), Vitamin K: 54.42µg (51.82%), Vitamin A: 1982.94IU (39.66%), Vitamin C: 25.46mg (30.86%), Folate: 92.89µg (23.22%), Fiber: 4.87g (19.48%), Potassium: 514.26mg (14.69%), Copper: 0.28mg (14.06%), Vitamin B6: 0.23mg (11.35%), Phosphorus: 111.94mg (11.19%), Vitamin E: 1.58mg (10.56%), Manganese: 0.2mg (9.76%), Magnesium: 36.38mg (9.09%), Vitamin B5: 0.86mg (8.65%), Vitamin B3: 1.38mg (6.9%), Vitamin B2: 0.11mg (6.52%), Iron: 1.03mg (5.74%), Zinc: 0.86mg (5.72%), Vitamin B1: 0.07mg (4.79%), Calcium: 45.94mg (4.59%), Selenium: 0.81µg (1.15%)