



Shrimp, Pineapple and Avocado Cocktail (Cocktail de Camarones con Piña y Aguacate)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

SIDE DISH

Ingredients

- ☐ 2 small avocados ripe peeled cut into ½ inch cubes
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 tablespoon ground cumin
- ☐ 3 juice of lime divided
- ☐ 1 tablespoon olive oil
- ☐ 1 cup pineapple fresh cut into ½ inch cubes
- ☐ 0.3 cup onion red sliced

- ☐ 4 servings salt and pepper
- ☐ 24 medium shrimp deveined peeled

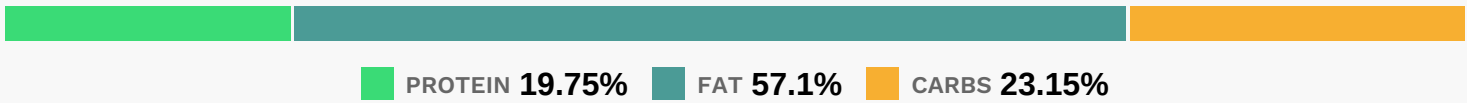
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare the shrimp,
- ☐ Place the juice of 2 limes, salt, pepper and cumin powder in a zip lock bag, add the shrimp and marinade in the refrigerator for 15 minutes.In a large skillet heat the oil over medium-high heat.
- ☐ Add the shrimp and cook until the shrimp are pink and cooked through, about 2 minutes each side.
- ☐ Remove from the heat and let them cool. Reserve 8 shrimp for garnish and cut the rest into pieces at 3 pieces per shrimp.In a large bowl mix the pineapple chunks, red onion, cilantro, shrimp, juice of 1 lime, salt and pepper.
- ☐ Mix all the ingredients well, add the avocado and fold into the mixture.
- ☐ Serve in martini glasses and top with 2 whole shrimp each glass.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:3.79, Inflammation Score:-6, Nutrition Score:14.964347841947%

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: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg,

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 276.03kcal (13.8%), Fat: 18.83g (28.96%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 9.5g (3.45%), Sugar: 5.56g (6.17%), Cholesterol: 96.6mg (32.2%), Sodium: 275.28mg (11.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.3%), Vitamin C: 37.59mg (45.56%), Fiber: 7.68g (30.71%), Manganese: 0.59mg (29.58%), Vitamin K: 26.82µg (25.54%), Copper: 0.49mg (24.49%), Folate: 93.68µg (23.42%), Potassium: 750.41mg (21.44%), Phosphorus: 194.23mg (19.42%), Vitamin E: 2.69mg (17.96%), Vitamin B6: 0.33mg (16.49%), Vitamin B5: 1.53mg (15.29%), Magnesium: 60.9mg (15.23%), Zinc: 1.57mg (10.49%), Vitamin B3: 2.04mg (10.22%), Vitamin B2: 0.15mg (9.06%), Iron: 1.56mg (8.68%), Vitamin B1: 0.12mg (7.7%), Calcium: 69.08mg (6.91%), Vitamin A: 259.11IU (5.18%)