



Shrimp Salad with Avocado and Curried Rice

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



498 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 avocado diced
- 0.3 teaspoon pepper black freshly ground
- 3 bacon crumbled cooked
- 1 teaspoon curry powder
- 0.5 bell pepper green chopped
- 0.7 cup mayonnaise
- 1 cup rice uncooked
- 0.8 teaspoon salt

1 pound shrimp deveined cooked peeled

1 cup cup heavy whipping cream sour

Equipment

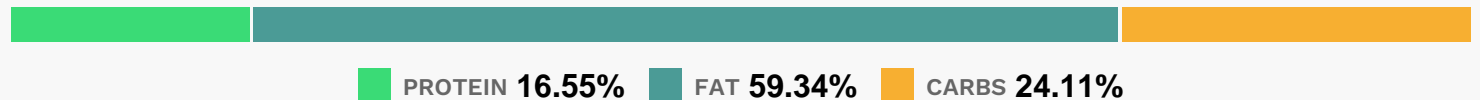
Directions

Cook rice according to package directions, adding curry powder to cooking water; chill.

Combine rice, shrimp, and remaining ingredients.

Pour 2003 Allan Scott Sauvignon Blanc. New Zealand produces some of the best Sauvignon Blancs. This one is alive with citrus and grassy flavors and is a natural match for a refreshing salad.

Nutrition Facts



Properties

Glycemic Index:33.03, Glycemic Load:15.2, Inflammation Score:-4, Nutrition Score:12.453043530817%

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 Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 497.54kcal (24.88%), Fat: 33.04g (50.83%), Saturated Fat: 8.12g (50.77%), Carbohydrates: 30.2g (10.07%), Net Carbohydrates: 27.26g (9.91%), Sugar: 1.95g (2.17%), Cholesterol: 158.74mg (52.91%), Sodium: 622.15mg (27.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.73g (41.46%), Vitamin K: 49.41µg (47.06%), Phosphorus: 267.82mg (26.78%), Copper: 0.45mg (22.67%), Manganese: 0.45mg (22.63%), Vitamin C: 11.71mg (14.19%), Potassium: 494.03mg (14.12%), Magnesium: 51.19mg (12.8%), Selenium: 8.87µg (12.67%), Zinc: 1.88mg (12.52%), Vitamin E: 1.82mg (12.11%), Fiber: 2.95g (11.78%), Calcium: 105.32mg (10.53%), Vitamin B6: 0.2mg (10.1%), Vitamin B5: 1.01mg (10.05%), Folate: 34.67µg (8.67%), Vitamin B2: 0.14mg (8.29%), Vitamin B3: 1.59mg (7.96%), Vitamin A: 345.82IU (6.92%), Iron: 1.08mg (6.02%), Vitamin B1: 0.08mg (5.54%), Vitamin B12: 0.15µg (2.57%)