



Shrimp Salad with Banana Peppers and Black Beans

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 avocado peeled cut into 16 wedges
- 1 pepperoncini peppers seeded thinly sliced
- 15 ounce black beans rinsed drained canned
- 2 teaspoons liquid crab boil
- 0.3 cup cilantro leaves fresh chopped
- 3 tablespoons juice of lemon fresh
- 0.5 teaspoon salt

- 1.5 pounds shrimp deveined peeled
- 3 inch tomatoes (2 large tomatoes)
- 1 cup water

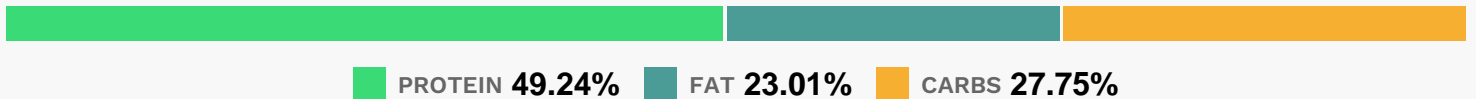
Equipment

- bowl
- frying pan

Directions

- Bring water and crab boil to a boil in a large skillet.
- Add shrimp; cook 3 minutes or until done.
- Drain and rinse under cold water. Chill.
- Combine shrimp, cilantro, lemon juice, salt, banana pepper, and beans in a large bowl. Arrange 3 tomato slices and 4 avocado wedges on each of 4 plates; top each serving with 1 cup shrimp salad.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:18.1604347229%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg 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 Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 328.52kcal (16.43%), Fat: 8.69g (13.36%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 12.58g (4.58%), Sugar: 0.75g (0.84%), Cholesterol: 273.86mg (91.29%), Sodium: 909.07mg (39.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.82g (83.64%), Phosphorus: 509.3mg (50.93%),

Copper: 0.99mg (49.52%), Fiber: 10.98g (43.94%), Potassium: 1054.82mg (30.14%), Magnesium: 115.72mg (28.93%), Folate: 110.81µg (27.7%), Manganese: 0.45mg (22.74%), Zinc: 3.23mg (21.55%), Vitamin K: 22.09µg (21.04%), Iron: 3.58mg (19.89%), Vitamin C: 14.97mg (18.14%), Calcium: 165.9mg (16.59%), Vitamin B1: 0.19mg (12.75%), Vitamin B2: 0.2mg (11.75%), Vitamin B6: 0.22mg (10.9%), Vitamin B5: 0.92mg (9.22%), Vitamin B3: 1.63mg (8.13%), Vitamin E: 1.12mg (7.49%), Vitamin A: 196.46IU (3.93%), Selenium: 1.68µg (2.41%)