



## Shrimp Salad with Mango and Avocado

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 avocado peeled seeded cut into 12 wedges
- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons cilantro leaves fresh chopped
- 1 jalapeno minced seeded
- 2 tablespoons juice of lime fresh
- 2 teaspoons lime rind grated
- 2 mangoes ripe peeled cut into 6 wedges
- 1 tablespoon olive oil extra-virgin

- 0.5 cup onion red thinly sliced
- 0.5 teaspoon salt
- 2.3 pounds shrimp deveined peeled
- 4 quarts water

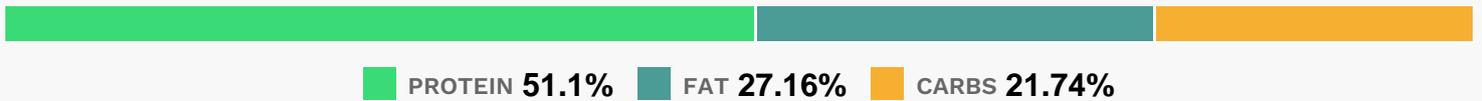
## Equipment

- bowl
- dutch oven

## Directions

- Bring water to a boil in a large Dutch oven.
- Add shrimp; cook 2 minutes or until done.
- Drain and rinse with cold water. Chill.
- Combine onion and next 7 ingredients (onion through jalapeo) in a large bowl.
- Add shrimp; toss to coat.
- Spoon 3/4 cup shrimp mixture into the center of each of 6 salad plates. Arrange 2 mango slices and 2 avocado slices spokelike around each serving.
- Garnish with cilantro sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:41.13, Glycemic Load:5.36, Inflammation Score:-7, Nutrition Score:13.848695555459%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg 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: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg 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 Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.74mg, Hesperetin:

0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

## **Nutrients (% of daily need)**

Calories: 267.92kcal (13.4%), Fat: 8.42g (12.95%), Saturated Fat: 1.28g (8%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 11.45g (4.16%), Sugar: 10.43g (11.59%), Cholesterol: 273.86mg (91.29%), Sodium: 431.66mg (18.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.63g (71.26%), Copper: 0.92mg (45.8%), Vitamin C: 33.97mg (41.17%), Phosphorus: 396.61mg (39.66%), Potassium: 761.45mg (21.76%), Magnesium: 84.78mg (21.2%), Zinc: 2.65mg (17.68%), Vitamin A: 837.7IU (16.75%), Folate: 60.66µg (15.16%), Fiber: 3.71g (14.82%), Calcium: 144.31mg (14.43%), Vitamin K: 12.61µg (12.01%), Vitamin E: 1.75mg (11.7%), Vitamin B6: 0.2mg (9.84%), Manganese: 0.18mg (8.98%), Iron: 1.25mg (6.93%), Vitamin B5: 0.63mg (6.35%), Vitamin B3: 1.1mg (5.51%), Vitamin B2: 0.08mg (4.49%), Vitamin B1: 0.05mg (3.37%)