



Shrimp with Avocado



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 juice of lime juiced
- ☐ 0.5 cup pico de gallo store bought
- ☐ 4 servings salt and pepper
- ☐ 0.5 pound bay shrimp cooked

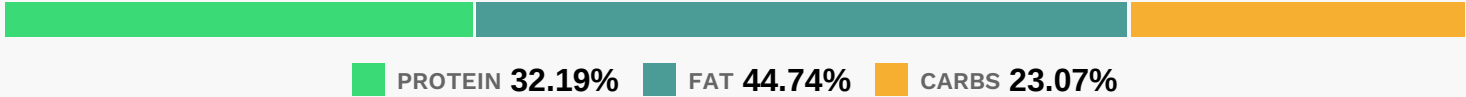
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, combine shrimp, lime juice, pico de gallo, and cilantro.
- ☐ Let stand 5 to 10 minutes.
- ☐ Add diced avocado and toss to combine. Season, to taste, with salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:6.628260915694%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 143.69kcal (7.18%), Fat: 7.68g (11.82%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 5.51g (2%), Sugar: 3.12g (3.46%), Cholesterol: 91.29mg (30.43%), Sodium: 464.35mg (20.19%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 12.44g (24.87%), Copper: 0.32mg (15.99%), Phosphorus: 148.61mg (14.86%), Fiber: 3.4g (13.61%), Potassium: 403.26mg (11.52%), Vitamin C: 8.94mg (10.84%), Vitamin K: 11.22µg (10.68%), Folate: 41.58µg (10.39%), Magnesium: 35.07mg (8.77%), Zinc: 1.09mg (7.26%), Vitamin B5: 0.71mg (7.08%), Vitamin E: 1.06mg (7.08%), Vitamin B6: 0.13mg (6.61%), Manganese: 0.09mg (4.64%), Vitamin A: 223.64IU (4.47%), Vitamin B3: 0.89mg (4.44%), Calcium: 43.62mg (4.36%), Vitamin B2: 0.07mg (3.93%), Iron: 0.58mg (3.24%), Vitamin B1: 0.04mg (2.38%)