



Shrimp With Avocado-Mango Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium avocado diced
- ☐ 8 cups baby spinach
- ☐ 1 cup couscous
- ☐ 0.5 cup cilantro leaves fresh divided chopped
- ☐ 0.5 jalapeño chile seeded finely chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 large mangos diced peeled
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 0.3 cup onion red chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 1 pound shrimp shelled deveined
- ☐ 1 medium tomatoes diced

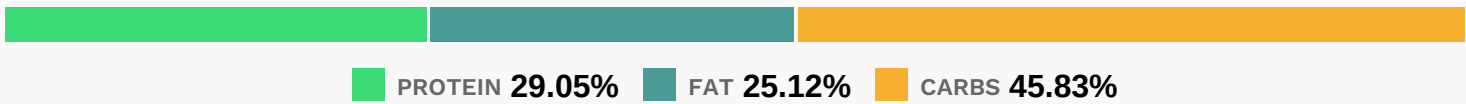
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat grill. Fold four 18-inch-long pieces of foil in half; unfold and coat inside with cooking spray.
- ☐ Place 2 cups spinach in center of 1 half of each piece of foil.
- ☐ Combine couscous with 1/4 cup water; divide evenly among packets, placing on top of spinach.
- ☐ Combine shrimp, 1/4 cup cilantro, oil and 1/2 teaspoon salt in a bowl. Divide shrimp evenly among packets, placing next to couscous. Fold foil to close and crimp edges to seal; place on grill; close lid; cook until packets are fully puffed, 10 minutes.
- ☐ Combine remaining 1/4 cup cilantro with remaining 1/4 teaspoon salt, mango, avocado, tomato, onion, jalapeño and lime juice in a bowl. Carefully cut foil to open; stir contents; garnish with salsa before serving.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:79.44, Glycemic Load:25.14, Inflammation Score:-10, Nutrition Score:30.285217461379%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg 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: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.95mg, Kaempferol: 3.95mg, Kaempferol: 3.95mg, Kaempferol: 3.95mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 426.64kcal (21.33%), Fat: 12.26g (18.87%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 50.35g (16.78%), Net Carbohydrates: 42.01g (15.28%), Sugar: 9.06g (10.07%), Cholesterol: 182.57mg (60.86%), Sodium: 629.79mg (27.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.91g (63.82%), Vitamin K: 313.65µg (298.71%), Vitamin A: 6671.55IU (133.43%), Vitamin C: 49.42mg (59.9%), Manganese: 1.08mg (53.85%), Folate: 196.6µg (49.15%), Copper: 0.81mg (40.49%), Phosphorus: 391.19mg (39.12%), Fiber: 8.34g (33.35%), Magnesium: 131.34mg (32.84%), Potassium: 1143.37mg (32.67%), Vitamin E: 3.52mg (23.45%), Vitamin B6: 0.4mg (20.18%), Iron: 3.21mg (17.85%), Zinc: 2.65mg (17.67%), Vitamin B3: 3.41mg (17.04%), Calcium: 161.83mg (16.18%), Vitamin B2: 0.25mg (14.45%), Vitamin B5: 1.44mg (14.38%), Vitamin B1: 0.18mg (12.29%), Selenium: 1.19µg (1.7%)