



Shrimp with Avocados



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 firm-ripe california avocados
- ☐ 7 bay leaves (not California)
- ☐ 1 teaspoon pepper black
- ☐ 0.3 cup capers drained
- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon celery seeds
- ☐ 1 leaf accompaniment: lettuce such as boston soft green
- ☐ 1 cup onion thinly sliced

- ☐ 1 teaspoon salt
- ☐ 2 pounds shrimp deveined peeled (76)
- ☐ 0.5 teaspoon tabasco
- ☐ 1 cup vegetable oil
- ☐ 0.8 cup white-wine vinegar

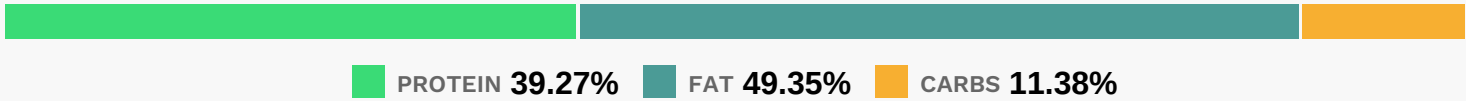
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Cook shrimp in a 5-quart pot of boiling salted water* until just cooked through, 2 to 3 minutes, then drain in a colander.
- ☐ Whisk together vinegar, oil, capers, salt, pepper, celery seeds, and Tabasco in a large bowl, then add warm shrimp, onion, celery, and bay leaves and toss to combine. Marinate, covered and chilled, 24 hours to 2 days.
- ☐ Just before serving, discard bay leaves. Quarter, pit, and peel avocados and cut into 3/4-inch cubes. Gently stir into shrimp salad, then spoon over lettuce.
- ☐ * When salting water for cooking, use 1 tablespoon salt for every 4 quarts water.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:10.297826098359%

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 Apigenin: 0.38mg, Apigenin: 0.38mg,

Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg
Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 7.33mg, Kaempferol:
7.33mg, Kaempferol: 7.33mg, Kaempferol: 7.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg,
Myricetin: 0.01mg Quercetin: 13.57mg, Quercetin: 13.57mg, Quercetin: 13.57mg, Quercetin: 13.57mg

Nutrients (% of daily need)

Calories: 241.52kcal (12.08%), Fat: 13.58g (20.89%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 7.04g (2.35%),
Net Carbohydrates: 2.92g (1.06%), Sugar: 1.31g (1.46%), Cholesterol: 182.57mg (60.86%), Sodium: 595.39mg
(25.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.3g (48.61%), Copper: 0.58mg (28.96%),
Phosphorus: 280.96mg (28.1%), Vitamin K: 26.18µg (24.94%), Potassium: 611.79mg (17.48%), Fiber: 4.12g (16.48%),
Magnesium: 61.55mg (15.39%), Zinc: 1.94mg (12.91%), Folate: 49.64µg (12.41%), Manganese: 0.22mg (10.89%),
Vitamin E: 1.56mg (10.43%), Calcium: 96.37mg (9.64%), Vitamin C: 7.39mg (8.95%), Vitamin B6: 0.17mg (8.27%),
Vitamin B5: 0.75mg (7.46%), Iron: 1.32mg (7.31%), Vitamin B2: 0.08mg (4.99%), Vitamin B3: 0.97mg (4.86%),
Vitamin A: 179.07IU (3.58%), Vitamin B1: 0.05mg (3.16%)