



Shrimp with Salsa, Avocado, and Chips



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces avocado
- ☐ 0.3 cup cilantro leaves finely chopped
- ☐ 2 cups cabbage shredded green
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoons juice of lime fresh divided
- ☐ 1 teaspoons serrano chiles fresh chopped
- ☐ 1 pound shrimp cooked peeled cut into 1/2-inch pieces
- ☐ 1 cup tomatoes chopped

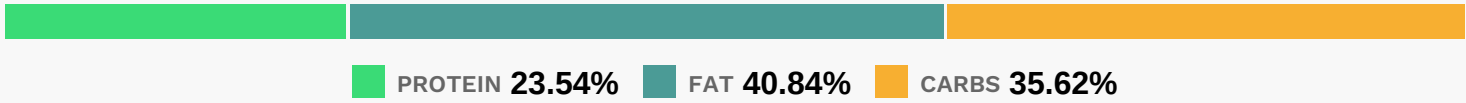
- ☐ 0.5 cup tortilla chips crumbled
- ☐ 4 servings tortilla chips
- ☐ 0.3 cup onion white chopped

Equipment

Directions

- ☐ Stir together tomatoes, onion, cilantro, chile, ketchup, 1 tablespoon lime juice, and 1/2 teaspoon salt. Stir in shrimp and season with salt and pepper.
- ☐ Mash avocados with remaining 1 to 2 tablespoons lime juice and 1/2 teaspoon salt.
- ☐ Divide shrimp mixture among jars and layer avocado, cabbage, and crumbled chips on top.
- ☐ Assembled jars, without crumbled chips, can be chilled up to 6 hours.
- ☐ Add chips and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:1.72, Inflammation Score:-7, Nutrition Score:19.889565250148%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg 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: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 461.77kcal (23.09%), Fat: 21.99g (33.83%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 43.15g (14.38%), Net Carbohydrates: 33.58g (12.21%), Sugar: 5.17g (5.74%), Cholesterol: 182.57mg (60.86%), Sodium: 357.13mg

(15.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.53g (57.06%), Vitamin K: 59.73µg (56.88%), Phosphorus: 406.86mg (40.69%), Fiber: 9.58g (38.31%), Vitamin C: 30.21mg (36.62%), Copper: 0.69mg (34.5%), Potassium: 987.95mg (28.23%), Magnesium: 111.19mg (27.8%), Folate: 98.67µg (24.67%), Vitamin E: 3.67mg (24.44%), Vitamin B6: 0.4mg (19.92%), Zinc: 2.82mg (18.78%), Vitamin B5: 1.82mg (18.23%), Calcium: 150.62mg (15.06%), Manganese: 0.28mg (14.18%), Vitamin A: 584.62IU (11.69%), Vitamin B3: 2.29mg (11.43%), Iron: 2.04mg (11.35%), Vitamin B1: 0.16mg (10.65%), Vitamin B2: 0.18mg (10.56%), Selenium: 2.43µg (3.47%)