



Smoky Shrimp and Avocado Seviche

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup avocado diced peeled
- ☐ 4 ounces baked tortilla chips
- ☐ 1 tablespoon chipotle chile in adobo sauce canned finely chopped
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup jicama peeled finely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup orange juice fresh

- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 0.5 teaspoon sugar

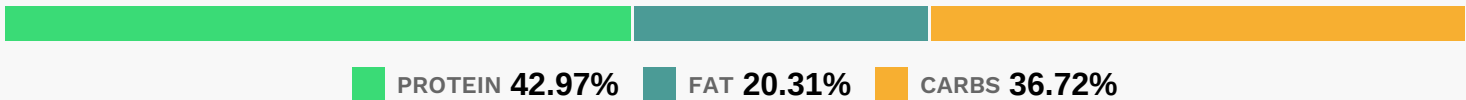
Equipment

- ☐ bowl

Directions

- ☐ Cook shrimp in boiling water 2 minutes.
- ☐ Drain and plunge shrimp in ice water.
- ☐ Let stand 3 minutes; drain.
- ☐ Combine shrimp and remaining ingredients except chips in a large bowl, stirring well. Cover and chill up to 4 hours.
- ☐ Serve with chips.

Nutrition Facts



Properties

Glycemic Index:26.81, Glycemic Load:0.75, Inflammation Score:-3, Nutrition Score:6.0108696377796%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 140.04kcal (7%), Fat: 3.24g (4.99%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 11g (4%), Sugar: 1.59g (1.77%), Cholesterol: 109.54mg (36.51%), Sodium: 246.63mg (10.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.43g (30.85%), Phosphorus: 194.94mg (19.49%), Vitamin C: 14.6mg (17.7%), Copper: 0.32mg (15.84%), Magnesium: 42.04mg (10.51%), Potassium: 328.53mg (9.39%), Fiber: 2.19g (8.75%), Zinc: 1.17mg (7.83%), Calcium: 67.13mg (6.71%), Folate: 20.27µg (5.07%), Vitamin A: 214.8IU (4.3%), Vitamin B6: 0.09mg (4.29%), Iron: 0.73mg (4.07%), Vitamin K: 3.87µg (3.69%), Vitamin B2: 0.06mg (3.59%), Vitamin E: 0.52mg (3.47%), Vitamin B1: 0.05mg (3.2%), Manganese: 0.06mg (3.01%), Selenium: 1.91µg (2.73%), Vitamin B5: 0.26mg (2.57%), Vitamin B3: 0.41mg (2.04%)