



Spicy Boiled Shrimp With Creamy Buttermilk-Avocado Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings avocado
- ☐ 2 teaspoons creole seasoning
- ☐ 4 teaspoons hot sauce
- ☐ 2 optional: lemon
- ☐ 5 oz the salad mixed washed
- ☐ 2 pounds shrimp with tails (26/30 count) deveined cooked peeled

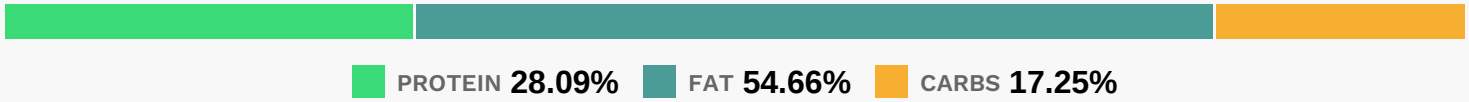
Equipment

- ☐ bowl
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Bring 2 qt. water to a boil in a Dutch oven.
- ☐ Add shrimp, and cook 30 seconds.
- ☐ Drain, rinse under cool running water, and place in a small bowl.
- ☐ Fill a medium bowl with ice.
- ☐ Place bowl containing shrimp in ice. Cover and chill 1 to 24 hours.
- ☐ Squeeze juice from lemons through a small strainer over shrimp in a large bowl, drizzle with hot sauce, and toss to coat.
- ☐ Sprinkle with Creole seasoning, and toss to coat.
- ☐ Serve shrimp over mixed greens with Creamy Buttermilk–Avocado Sauce.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:12.747391379398%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 232.58kcal (11.63%), Fat: 15.21g (23.4%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 3.5g (1.27%), Sugar: 1.16g (1.29%), Cholesterol: 121.71mg (40.57%), Sodium: 135.73mg (5.9%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.18%), Fiber: 7.3g (29.19%), Vitamin C: 23.53mg (28.52%), Copper: 0.5mg (24.99%), Phosphorus: 222.39mg (22.24%), Folate: 87.78µg (21.95%), Potassium: 738.37mg (21.1%), Vitamin K: 21.3µg (20.29%), Magnesium: 58.77mg (14.69%), Vitamin E: 2.2mg (14.65%), Vitamin B6: 0.29mg (14.56%), Vitamin B5: 1.44mg (14.39%), Zinc: 1.7mg (11.32%), Manganese: 0.2mg (9.85%), Vitamin B3: 1.86mg (9.28%), Vitamin A: 425.01IU (8.5%), Vitamin B2: 0.14mg (8.45%), Calcium: 67.2mg (6.72%), Iron: 1.16mg (6.43%), Vitamin B1: 0.08mg (5.29%)