



Summer Garden Salad with Chili-Garlic Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large avocado pitted peeled halved cut into thin slices
- ☐ 1 teaspoon chili-garlic sauce
- ☐ 0.3 hothouse cucumber english halved lengthwise thinly sliced
- ☐ 2 ears of corn husked
- ☐ 2 tablespoons mint leaves fresh thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 teaspoon kosher salt

- ☐ 4 teaspoons juice of lime fresh
- ☐ 2 teaspoons soya sauce reduced-sodium
- ☐ 8 cups baby greens mixed loosely packed ()
- ☐ 5 tablespoons olive oil extra-virgin divided
- ☐ 1 teaspoon sesame oil toasted (such as Asian)
- ☐ 2 pounds shrimp deveined uncooked peeled
- ☐ 3 small tomatoes cut into 1/2-inch-thick wedges

Equipment

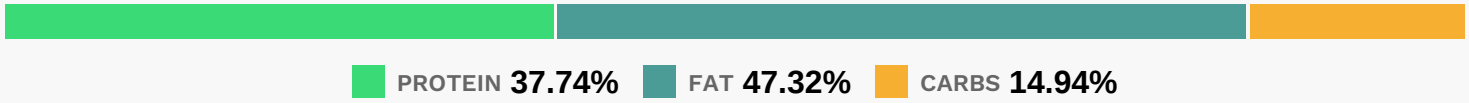
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ tongs

Directions

- ☐ Mix chili-garlic sauce, cumin, 1/2 teaspoon salt, and 1/4 teaspoon pepper in large bowl.
- ☐ Add shrimp and toss to coat.
- ☐ Heat 2 tablespoons oil in heavy large nonstick skillet over high heat until hot.
- ☐ Add half of shrimp and sauté until cooked through, about 3 minutes. Using tongs, transfer shrimp to plate.
- ☐ Add 1 tablespoon oil to same skillet.
- ☐ Add remaining shrimp and sauté until cooked through, about 3 minutes.
- ☐ Transfer shrimp to plate and cool.
- ☐ Cook corn in pot of boiling salted water until almost tender, about 5 minutes.
- ☐ Drain and cool.
- ☐ Cut corn kernels off cobs.
- ☐ Mix corn, tomatoes, and cucumber into shrimp.

- ☐
- Whisk remaining 2 tablespoons oil, 1/8 teaspoon pepper, lime juice, soy sauce, and sesame oil in medium bowl. (Shrimp mixture and dressing can be made 4 hours ahead. Cover separately and refrigerate.)
- ☐
- Combine shrimp mixture with any accumulated juices, avocado, greens, and mint in large bowl.
- ☐
- Add dressing and toss to coat.
- ☐
- To prevent the avocado from turning brown, rinse the slices under cold water. They should retain their color for up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:15.194782798705%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 340.42kcal (17.02%), Fat: 18.65g (28.7%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 9.52g (3.46%), Sugar: 3.74g (4.15%), Cholesterol: 243.43mg (81.14%), Sodium: 499.09mg (21.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.47g (66.95%), Phosphorus: 408.32mg (40.83%), Copper: 0.75mg (37.31%), Vitamin C: 26.07mg (31.6%), Potassium: 888.37mg (25.38%), Vitamin A: 1176.93IU (23.54%), Magnesium: 90.11mg (22.53%), Vitamin K: 19.2µg (18.28%), Folate: 71.62µg (17.91%), Vitamin E: 2.68mg (17.83%), Zinc: 2.64mg (17.6%), Manganese: 0.33mg (16.64%), Fiber: 3.74g (14.95%), Calcium: 122.38mg (12.24%), Iron: 1.92mg (10.65%), Vitamin B6: 0.21mg (10.43%), Vitamin B3: 1.74mg (8.72%), Vitamin B5: 0.84mg (8.41%), Vitamin B1: 0.11mg (7.4%), Vitamin B2: 0.11mg (6.42%)