



Summer Shrimp Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



278 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocado roughly chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup cilantro leaves fresh roughly chopped
- ☐ 1 teaspoon honey
- ☐ 2 jalapeno seeded finely chopped
- ☐ 1 juice of lime
- ☐ 0.8 teaspoon kosher salt
- ☐ 3 tablespoons olive oil

- ☐ 1 medium onion red thinly sliced
- ☐ 1 pound shrimp frozen thawed fully cooked
- ☐ 4 cups watermelon roughly chopped

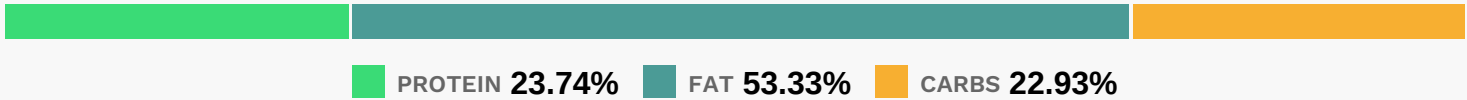
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, combine the shrimp, onion, watermelon, jalapeos, and avocado. In a small bowl, whisk together the lime juice, honey, oil, salt, and pepper.
- ☐ Pour the vinaigrette over the salad; toss.
- ☐ Sprinkle with the cilantro. Set aside for 10 minutes to allow the flavors to meld.

Nutrition Facts



Properties

Glycemic Index:48.32, Glycemic Load:6.85, Inflammation Score:-7, Nutrition Score:12.354347897613%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 277.74kcal (13.89%), Fat: 17.44g (26.82%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 11.45g (4.16%), Sugar: 8.75g (9.72%), Cholesterol: 121.71mg (40.57%), Sodium: 388.14mg

(16.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.92%), Vitamin C: 23.67mg (28.69%), Copper: 0.48mg (24.04%), Vitamin K: 23.62µg (22.5%), Fiber: 5.42g (21.67%), Phosphorus: 215.82mg (21.58%), Potassium: 691mg (19.74%), Vitamin E: 2.66mg (17.74%), Vitamin A: 818.01IU (16.36%), Folate: 63.42µg (15.85%), Magnesium: 59.48mg (14.87%), Vitamin B6: 0.26mg (13.19%), Vitamin B5: 1.21mg (12.08%), Zinc: 1.6mg (10.64%), Manganese: 0.21mg (10.28%), Vitamin B3: 1.45mg (7.26%), Calcium: 70.58mg (7.06%), Vitamin B2: 0.12mg (7.06%), Iron: 1.14mg (6.32%), Vitamin B1: 0.09mg (6.06%), Selenium: 0.81µg (1.16%)