



Sweet and Spicy Shrimp and Avocado Salad with Mango Vinaigrette



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



199 kcal

Ingredients

- ☐ 1 avocado diced
- ☐ 4 servings mangos
- ☐ 1 cup red bell pepper red chopped (1 medium)
- ☐ 6 cups romaine lettuce shredded (2 hearts)
- ☐ 1 pound shrimp cooked peeled

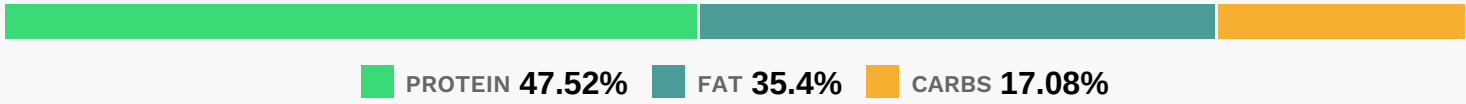
Equipment

- ☐ bowl

Directions

- ☐ Place Mango Vinaigrette in a large bowl.
- ☐ Add lettuce, bell pepper, and green onions, if desired; toss well.
- ☐ Add shrimp and avocado; toss gently.

Nutrition Facts



Properties

Glycemic Index:30.94, Glycemic Load:0.91, Inflammation Score:0, Nutrition Score:22.360000071318%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 199.06kcal (9.95%), Fat: 8.29g (12.76%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 9g (3%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.87g (3.19%), Cholesterol: 182.57mg (60.86%), Sodium: 145.6mg (6.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.08%), Vitamin A: 7391.03IU (147.82%), Vitamin K: 84.68µg (80.65%), Vitamin C: 55.89mg (67.74%), Folate: 154.15µg (38.54%), Phosphorus: 299.78mg (29.98%), Copper: 0.58mg (29.01%), Potassium: 797.5mg (22.79%), Fiber: 5.65g (22.58%), Magnesium: 68.7mg (17.18%), Vitamin B6: 0.29mg (14.55%), Zinc: 2.1mg (13.98%), Manganese: 0.26mg (13.02%), Vitamin E: 1.73mg (11.53%), Calcium: 104.59mg (10.46%), Iron: 1.71mg (9.51%), Vitamin B5: 0.92mg (9.18%), Vitamin B2: 0.14mg (8.51%), Vitamin B3: 1.47mg (7.33%), Vitamin B1: 0.1mg (6.99%)