



WHATSheATE



Tropical Chopped Salad with Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup avocado diced peeled
- ☐ 1 tablespoon cashew pieces chopped
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1.3 cups cucumber english peeled chopped
- ☐ 1 teaspoon kosher salt
- ☐ 2 cups bottled mango chopped
- ☐ 1 tablespoon rice vinegar

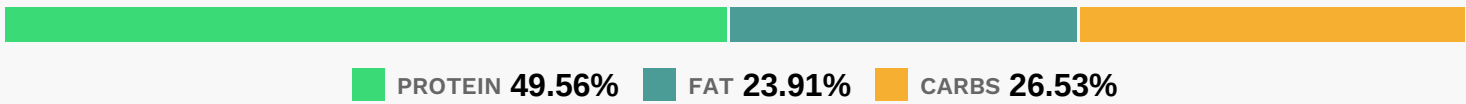
- ☐ 2 cups d italian-blend salad greens
- ☐ 1.5 pounds shrimp cooked peeled

Equipment

Directions

- ☐ Combine first 8 ingredients, tossing well.
- ☐ Place 2 cups salad on each of 4 plates; top each serving with 1/4 cup avocado and 3/4 teaspoon chopped cashews.

Nutrition Facts



Properties

Glycemic Index:41.74, Glycemic Load:6.17, Inflammation Score:-8, Nutrition Score:17.440000088319%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 284.11kcal (14.21%), Fat: 7.92g (12.18%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 15.35g (5.58%), Sugar: 13.19g (14.65%), Cholesterol: 273.86mg (91.29%), Sodium: 801.66mg (34.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.92g (73.84%), Vitamin C: 47.84mg (57.98%), Copper: 0.94mg (46.86%), Phosphorus: 436.82mg (43.68%), Vitamin A: 1465IU (29.3%), Potassium: 954.49mg (27.27%), Magnesium: 96.16mg (24.04%), Folate: 81.06µg (20.27%), Zinc: 2.91mg (19.4%), Vitamin K: 18.83µg (17.93%), Fiber: 4.43g (17.7%), Manganese: 0.3mg (15.24%), Calcium: 136.68mg (13.67%), Vitamin B6: 0.27mg (13.43%), Vitamin E: 1.85mg (12.37%), Iron: 1.91mg (10.61%), Vitamin B5: 0.86mg (8.63%), Vitamin B3: 1.6mg (8%), Vitamin B2: 0.11mg (6.64%), Vitamin B1: 0.09mg (5.84%), Selenium: 1.58µg (2.26%)