



Tropical Fruit, Avocado, and Grilled Shrimp Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



358 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocados ripe cut into wedges
- ☐ 6 servings pepper black freshly ground
- ☐ 2 teaspoons coarse salt
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 jalapeño peppers minced
- ☐ 1 mangos diced ripe
- ☐ 0.7 cup olive oil extra-virgin

- ☐ 2 papayas diced ripe
- ☐ 1 pineapple diced
- ☐ 2 poblano chiles cut into 1/4-inch strips
- ☐ 1 onion red thinly sliced
- ☐ 1 roasted bell pepper red cut into strips
- ☐ 1 roasted bell pepper yellow cut into strips
- ☐ 0.3 cup sherry wine vinegar
- ☐ 30 large shrimp deveined peeled

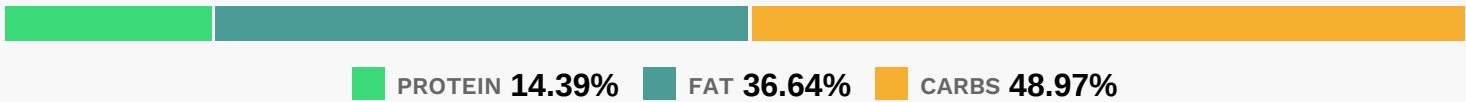
Equipment

- ☐ bowl
- ☐ grill
- ☐ colander

Directions

- ☐ Sprinkle onion slices with coarse salt, and rub them between your hands until you no longer feel the salt.
- ☐ Drain onions in a colander 15 minutes. Wring out as much liquid as you can by squeezing small bunches of the slices in your fists.
- ☐ Combine onions, pineapple, and next 7 ingredients in a large bowl.
- ☐ Combine olive oil and vinegar; toss with fruit mixture.
- ☐ Grill shrimp 3 minutes on each side or until opaque, and immediately toss into the salad. Gently stir in avocado. Season to taste with black pepper.

Nutrition Facts



Properties

Glycemic Index:57.03, Glycemic Load:19.22, Inflammation Score:-9, Nutrition Score:24.87608672225%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg 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 Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.21mg, Luteolin: 2.21mg, Luteolin: 2.21mg, Luteolin: 2.21mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 357.83kcal (17.89%), Fat: 15.65g (24.08%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 47.07g (15.69%), Net Carbohydrates: 36.78g (13.37%), Sugar: 29.88g (33.2%), Cholesterol: 80.5mg (26.83%), Sodium: 937.68mg (40.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.83g (27.65%), Vitamin C: 231.36mg (280.44%), Manganese: 1.71mg (85.27%), Fiber: 10.29g (41.15%), Folate: 149.03µg (37.26%), Vitamin A: 1835.97IU (36.72%), Copper: 0.64mg (32.1%), Vitamin B6: 0.6mg (29.83%), Potassium: 1032.74mg (29.51%), Vitamin K: 28.2µg (26.86%), Magnesium: 90.21mg (22.55%), Vitamin E: 3.06mg (20.39%), Phosphorus: 190.87mg (19.09%), Vitamin B5: 1.63mg (16.31%), Vitamin B1: 0.24mg (15.84%), Vitamin B3: 3mg (15.01%), Vitamin B2: 0.2mg (11.95%), Zinc: 1.54mg (10.24%), Iron: 1.81mg (10.08%), Calcium: 99.38mg (9.94%), Selenium: 1.44µg (2.05%)