



Yucatán Shrimp Cocktail Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup anaheim chile seeded chopped
- 0.5 cup avocado diced peeled
- 0.5 cup celery thinly sliced
- 1 cup cherry tomatoes halved
- 2 tablespoons cider vinegar
- 1 cup cucumber peeled seeded chopped
- 0.5 cup cilantro leaves fresh chopped
- 0.5 cup green onions sliced

- 0.1 teaspoon ground pepper red
- 1 tablespoon honey
- 0.3 cup juice of lime fresh
- 0.5 teaspoon salt
- 1.5 pounds shrimp deveined peeled

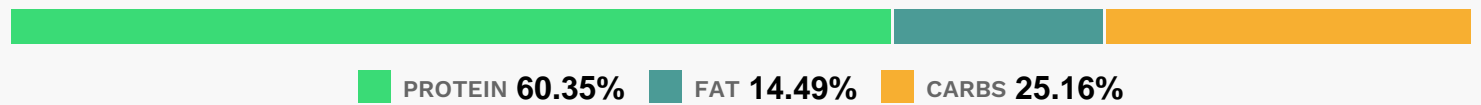
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add shrimp and red pepper; saut 4 minutes.
- Remove from heat; set aside.
- Combine juice, vinegar, honey, and salt in a large bowl, stirring well with a whisk.
- Add cucumber and remaining ingredients; toss well.
- Add shrimp mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:68.82, Glycemic Load:2.75, Inflammation Score:-6, Nutrition Score:13.567826074103%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 228.99kcal (11.45%), Fat: 3.79g (5.84%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 10.45g (3.8%), Sugar: 8.56g (9.51%), Cholesterol: 273.86mg (91.29%), Sodium: 710.06mg (30.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.56g (71.12%), Vitamin K: 43.29µg (41.23%), Phosphorus: 402.9mg (40.29%), Copper: 0.78mg (38.93%), Vitamin C: 26.42mg (32.03%), Potassium: 771.38mg (22.04%), Magnesium: 78.52mg (19.63%), Fiber: 4.37g (17.49%), Zinc: 2.61mg (17.41%), Calcium: 138.48mg (13.85%), Vitamin A: 583.31IU (11.67%), Manganese: 0.22mg (10.76%), Folate: 40.15µg (10.04%), Iron: 1.62mg (8.99%), Vitamin B6: 0.12mg (6.15%), Vitamin E: 0.81mg (5.41%), Vitamin B5: 0.46mg (4.62%), Vitamin B2: 0.07mg (3.89%), Vitamin B3: 0.7mg (3.49%), Vitamin B1: 0.05mg (3.41%)