

Avocado with Garlic Shrimp

Recipe Type: Side Dish

Serves: 4

Prep Time: 20 minutes

Cooking Time: 10 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 2 avocados
- 6 large shrimps, raw, peeled
- 4 garlic cloves, chopped
- ½ T olive oil
- ¼ t salt
- 1 T lemon juice
- ½ t crushed red pepper chili flakes
- 2 T cilantro, chopped



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Cut the shrimp into small pieces.
3. Put the olive oil, garlic, shrimp and salt into a pan.
4. Cook on low-heat. Turn off the heat when the shrimp turns pink.
5. Cut the avocados in half and remove the pit.
6. Remove the avocado with a spoon; try not to break the skin.
7. Chop the avocado into small pieces and put them in a bowl.
8. Add the lemon juice and the garlic shrimp.
9. Add the chili flakes and half of the chopped cilantro
10. Mix well, crushing the avocado a little bit to give the mix a smooth texture.
11. Put 1-2 spoons of the mix into each avocado shell.
12. Sprinkle the rest of the cilantro on top for garnishment.
13. Enjoy!

Nutrition Facts

Serving Size 1/2 avocado

Amount Per Serving

Calories 150 **Calories from Fat** 120

%Daily Value*

Total Fat 13 g **20%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 10 mg **3%**

Sodium 200 mg **8%**

Total Carbohydrate 9 g **3%**

Dietary Fiber 3 g **12%**

Sugars 0 g

Protein 4 g

Vitamin C 10%

Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

FK=4.7

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