

Hi there,

This Shrimp Stuffed Avocado recipe is easy to make as a side dish or perfect paired with a salad.

Need more recipes to help keep your hormones and blood sugar in balance?

[Click here to download](#) "Get 7 days of delicious recipes using five key nutrients."

Enjoy!

Melissa Slemp
Certified Nutritional Health Coach living with Type 1 Diabetes



Shrimp Stuffed Avocado

2 servings

10 minutes

Ingredients

- 5 ozs Shrimp, Cooked (small, roughly chopped)
- 2 tbsps Mayonnaise
- 1 tbsp Red Onion (diced)
- 1/2 tsp Hot Sauce
- 1 tbsp Cilantro (finely chopped)
- 1/2 tsp Lime Juice
- Sea Salt & Black Pepper (to taste)
- 2 Avocado (large, pit removed)

Directions

- 1 In a bowl, combine the shrimp, mayonnaise, red onion, hot sauce, cilantro, and lime juice. Stir well to combine and season with salt and pepper.
- ⋮
- 2 Spoon the shrimp mixture into the avocado. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is two halves.

Nutrition

Amount per serving	
Calories	488
Fat	40g
Carbs	18g
Fiber	14g
Sugar	2g
Protein	21g
Cholesterol	140mg
Sodium	208mg
Potassium	1173mg
Vitamin C	21mg
Calcium	76mg
Iron	2mg
Vitamin D	1IU
Folate	165µg
Vitamin B12	0µg
Magnesium	87mg
Zinc	2mg