



# Santa Fe Shrimp

**Number of Servings:** 2  
**Calories Per Serving:** 271  
**PCF Ratio:** 42-17-41

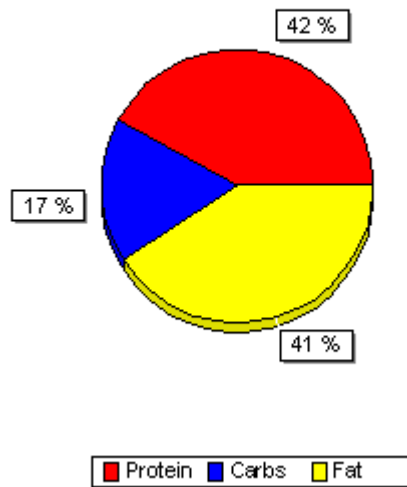
Single Serving Comment: 1/2 of recipe

## Cooking Instructions

Ingredients:

- 1/2 cup raw Cucumber
  - 250g cooked Shrimp
  - 1/2 cup Sweet Red Pepper
  - 1/4 cup raw Celery
  - 3/4 raw Avacado
  - 2/5 cup medium Salsa Suprema or similar
  - 1.5 tsp Lime Juice
- (serves 2)

42-17-41 Ratio



## Nutrition Information

Serving Size: 1/2 of recipe (312g)  
 Servings: 1

Amount Per Serving

**Calories** 270    **Calories from Fat** 110

% Daily Value\*

**Total Fat** 13g    **19%**

Saturated Fat 2g    **10%**

**Cholesterol** 250mg    **83%**

**Sodium** 550mg    **23%**

**Total Carbohydrate** 12g    **4%**

Dietary Fiber 6g    **25%**

Sugars 4 g

**Protein** 29 g

Vitamin A 30%    Vitamin C 110%

Calcium 8%    Iron 25%

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

Dice all vegetables. Cook shrimp by boiling or grilling. Mix all ingredients in a bowl. Then serve

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
CUCUMBER W/PEEL, RAW	sliced	0.38 cup	39	5.9	.3	1.4	.7	.3	.3		.0
SHRIMP, COOKED	mixed species, moist heat	9 oz	255	252.5	53.3						
RED PEPPER, SWEET, RAW	chopped	0.38 cup	56	14.5	.6	3.4	2.3	1.1	1.3		
CELERY, RAW		1/4 cup	25	3.5	.2	.8	.5	.1	.1	.2	.0
AVOCADO, RAW	all commercial varieties	3/4	151	241.2	3	12.9	1	.6	.2	.2	.1
SALSA SUPREMA, MEDIUM		0.38 cup	90	23.4	1	4.2	2.9	1.4	1.5		
LIME JUICE, RAW		1 1/2 tsp	8	1.9	.0	.6	.1	.0	.0		.0

**Santa Fe Shrimp (continued)**

Recipe Total:

Single Serving Total:

624	542.9	58.4	23.2	7.5	3.5	3.5	.3	.2
234	271.4	29.2	11.6	3.8	1.8	1.7	.2	.1

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
CUCUMBER W/PEEL, RAW			.2	.0	.0					1.9	41	.0	.0	.0
SHRIMP, COOKED				2.8	.7	.8	.2	497.3		173.4	573.8	.1	.1	6.6
RED PEPPER, SWEET, RAW			1.1	.2	.0	.0	.1			87.7	1749.4	.0	.0	.5
CELERY, RAW			.4	.0	.0		.0			5.6	113.4		.0	.1
AVOCADO, RAW			10.1	22.1	3.2	.2	2.5			10.6	220.1	.1	.2	2.6
SALSA SUPREMA, MEDIUM			.7	.2							291.6			
LIME JUICE, RAW			.0							.2	3.8			.0
Recipe Total:			12.6	25.3	4	1.1	2.8	497.3		279.3	2993.1	.2	.4	9.9
Single Serving Total:			6.3	12.7	2	.5	1.4	248.6		139.7	1496.5	.1	.2	4.9

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
CUCUMBER W/PEEL, RAW	.1	.0	2.7	2.7		2.7			1.1		.0		6.2	5.1
SHRIMP, COOKED	.9	.3	10.2	10.2		10.2	3.8		5.6		3.5		99.5	86.7
RED PEPPER, SWEET, RAW	.2	.2	10.1	10.1		10.1			106.2		.9		3.9	6.7
CELERY, RAW	.1	.0	9.1	9.1		9.1			.8		.1		10.1	2.8
AVOCADO, RAW	2.1	.4	122.1	122.1		122.1			15.1		3.1		18.1	43.7
SALSA SUPREMA, MEDIUM									4.6				8.1	
LIME JUICE, RAW			.8	.8		.8			2.3		.0		1.1	.6
Recipe Total:	3.3	.9	155	155		155	3.8		135.6		7.6		147	145.6
Single Serving Total:	1.7	.5	77.5	77.5		77.5	1.9		67.8		3.8		73.5	72.8

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
CUCUMBER W/PEEL, RAW	9.4	57.3	.8			.0			.1	.0		.1	.1
SHRIMP, COOKED	349.4	464.1	571.2			.5			7.9	.1		101	4
RED PEPPER, SWEET, RAW	14.5	117.9	1.1						.2	.1		.1	.1

**Santa Fe Shrimp (continued)**

CELERY, RAW	6.1	65.7	20.2						.1	.0		.1	.0	
AVOCADO, RAW	78.4	731.1	10.6			.3			.8	.2		.6	1	
SALSA SUPREMA, MEDIUM			495						.1					
LIME JUICE, RAW	1.1	9	.2											
Recipe Total:	<b>458.8</b>	<b>1445.1</b>	<b>1099</b>			<b>.8</b>			<b>9.2</b>	<b>.4</b>		<b>101.9</b>	<b>5.2</b>	
Single Serving Total:	<b>229.4</b>	<b>722.6</b>	<b>549.5</b>			<b>.4</b>			<b>4.6</b>	<b>.2</b>		<b>50.9</b>	<b>2.6</b>	