

# Shrimp and Mango Salad

Portion Size: ½ cup

Yield: 8

## Ingredients:

Shrimp 16/20, tail removed	2 lbs
Red Onion, chopped fine	½ cup
Mango, peeled and diced	1 cup
Lime Juice, fresh	3 TBSP
Extra Virgin Olive Oil	2 TBSP
Salt	¾ tsp
Black Pepper	½ tsp
Cilantro	¼ cup

## Preparation:

1. Bring a pot of water up to a simmer. Poach shrimp in water just until cooked to an internal temperature of 145°F degrees. Immediately shock shrimp in an ice bath.
2. Chop shrimp into 1/4" pieces.
3. In a bowl, toss together onion, mango, lime juice, oil, salt, pepper, cilantro and shrimp.

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
120	15	6	.5	3	5	1	510



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