



Avocado Shrimp Rolls

READY IN



40 min.

SERVINGS



6

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado sliced
- ☐ 6 peppercorns whole black
- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon dijon mustard
- ☐ 2 egg yolks
- ☐ 0.3 cup fennel bulb diced finely
- ☐ 1 teaspoon tarragon leaves fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings kosher salt

- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 pounds shrimp raw deveined peeled
- ☐ 6 rolls
- ☐ 1 cup vegetable oil
- ☐ 6 servings preheat broiler
- ☐ 6 servings preheat broiler

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ broiler

Directions

- ☐ Combine shrimp, mayonnaise, and fennel in a medium bowl.
- ☐ Cut a V-shaped opening in the top of a long roll. Butter each roll.
- ☐ Place the 6 rolls, buttered side up, on a baking sheet.
- ☐ Place under the broiler and cook until just golden.
- ☐ Place a layer of avocado on the rolls and top with shrimp salad.
- ☐ Serve immediately.
- ☐ Bring a large saucepot of water to just below a simmer. Season the water heavily with salt and drop in the peppercorns; the water should taste salty like seawater. Immerse the shrimp into the hot water. Simmer for 1 to 2 minutes or until the shrimp are opaque throughout.
- ☐ Remove from water and chill immediately until completely cool.
- ☐ Whisk the egg yolks, Dijon mustard, and lemon juice in a small stainless-steel bowl.
- ☐ Add the vegetable oil in a very, very slow stream, whisking to emulsify. Stir in the salt and tarragon.

Nutrition Facts



 **PROTEIN 19.56%**  **FAT 48.15%**  **CARBS 32.29%**

Properties

Glycemic Index:57, Glycemic Load:23.4, Inflammation Score:-5, Nutrition Score:16.441304269044%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 463.71kcal (23.19%), Fat: 24.93g (38.35%), Saturated Fat: 7.41g (46.29%), Carbohydrates: 37.6g (12.53%), Net Carbohydrates: 34.01g (12.37%), Sugar: 4.9g (5.44%), Cholesterol: 228.02mg (76.01%), Sodium: 1611.43mg (70.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.79g (45.58%), Iron: 11.43mg (63.51%), Selenium: 38.06µg (54.37%), Phosphorus: 325.9mg (32.59%), Vitamin B12: 1.39µg (23.2%), Vitamin K: 23.92µg (22.78%), Vitamin E: 3.2mg (21.32%), Folate: 60.81µg (15.2%), Vitamin B6: 0.3mg (15.2%), Fiber: 3.59g (14.38%), Copper: 0.28mg (14.19%), Vitamin B3: 2.68mg (13.39%), Vitamin A: 597.39IU (11.95%), Vitamin B5: 1.03mg (10.31%), Zinc: 1.5mg (10.02%), Magnesium: 38.61mg (9.65%), Potassium: 334.85mg (9.57%), Calcium: 89.91mg (8.99%), Vitamin C: 5.9mg (7.15%), Manganese: 0.14mg (7.13%), Vitamin B2: 0.1mg (6.1%), Vitamin B1: 0.06mg (4.23%), Vitamin D: 0.44µg (2.92%)