



WHATSheATE



Bay Shrimp and Sugar Snap Pea Lettuce Wraps



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



125 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch boston lettuce
- ☐ 1 tablespoon tarragon fresh minced
- ☐ 1 pinch kosher salt & pepper black as needed
- ☐ 0.3 cup mayonnaise
- ☐ 2 teaspoon rice vinegar
- ☐ 1 small shallots minced
- ☐ 1 pound bay shrimp (shelled pre-cooked per pound) and deviened

☐ 1 pound sugar snap peas

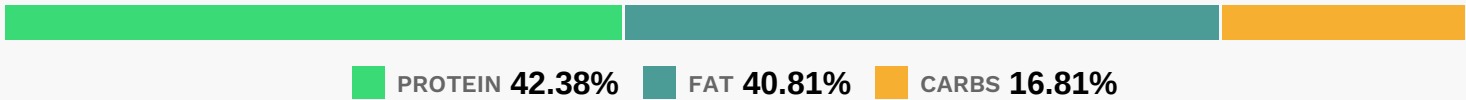
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cut out the core from a head of butter lettuce. Separeate the leaves, keeping them hole. Wash and dry them well, placing them on a serving plate. Cover and chill until ready to serve.
- ☐ Whisk the mayonnaise, shallots, tarragon and rice vinegar together in small bowl. Refrigerate until ready to serve.Prepare an ice bath by half filling a large bowl with ice, cover with water and set aside.Bring a large sauce pan half-filled with lightly salted water to a boil. Stir in the sugar snap peas and blanch about 30 seconds.
- ☐ Drain them quickly, then plunge them into the prepared ice bath to stop the cooking.
- ☐ Drain, then dry well with paper towels.
- ☐ Place them in a large, dry bowl.
- ☐ Add the pre-cooked bay shrimp. Toss to combine. Spoon about ½ of the mayonnaise mixture over the shrimp and peas. Gently mix until well combined.
- ☐ Add more mayonnaise only if necessary– just enough to barely coat everything. Season with salt and pepper. Chill before serving.To serve: Dollap big spoonfuls of the shrimp and pea mixture into individual lettuce leaves, letting them act as taco style wrappers. Pass the extra dressing at the table if needed to taste.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:8.8204347640276%

Nutrients (% of daily need)

Calories: 124.68kcal (6.23%), Fat: 5.71g (8.78%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 3.65g (1.33%), Sugar: 2.56g (2.84%), Cholesterol: 94.23mg (31.41%), Sodium: 119.98mg (5.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Vitamin C: 34.71mg (42.07%), Vitamin K: 25.74µg (24.51%), Phosphorus: 157.56mg (15.76%), Copper: 0.28mg (13.83%), Vitamin A: 661.88IU (13.24%), Manganese: 0.24mg (11.87%), Iron: 1.81mg (10.06%), Magnesium: 37.24mg (9.31%), Potassium: 301.67mg (8.62%), Calcium: 72.47mg (7.25%), Folate: 27.71µg (6.93%), Fiber: 1.64g (6.56%), Zinc: 0.97mg (6.47%), Vitamin B6: 0.12mg (6.16%), Vitamin B1: 0.09mg (5.99%), Vitamin B5: 0.45mg (4.47%), Vitamin B2: 0.06mg (3.48%), Vitamin E: 0.45mg (3.01%), Vitamin B3: 0.43mg (2.13%)