



## Belgian Endive Shrimp Spears

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



9

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 18 belgian endive leaves white red rinsed (8 to 12 oz. total)
- 1 teaspoon dijon mustard
- 3 tablespoons chives fresh thinly sliced
- 9 servings salt and ground pepper white
- 1 teaspoon juice of lemon
- 0.3 cup mayonnaise
- 8 ounces tiny shrimp dry rinsed cooked drained well

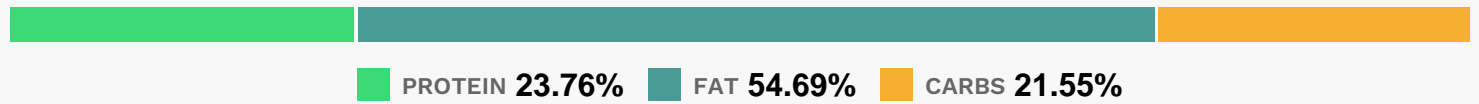
## Equipment

bowl

## Directions

- In a small bowl, mix mayonnaise, lemon juice, and mustard. Stir in shrimp and 2 tablespoons chives.
- Add salt and white pepper to taste.
- Spoon equal portions shrimp mixture (about 1 tablespoon) on bottom end of each endive leaf; arrange on a platter.
- Sprinkle with remaining chives.

## Nutrition Facts



## Properties

Glycemic Index:14.11, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:5.0430435266184%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 102.54kcal (5.13%), Fat: 6.51g (10.02%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 1.91g (0.69%), Sugar: 0.09g (0.1%), Cholesterol: 44.06mg (14.69%), Sodium: 91.04mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Fiber: 3.86g (15.44%), Vitamin K: 15.66µg (14.92%), Manganese: 0.21mg (10.35%), Folate: 41.03µg (10.26%), Phosphorus: 87.97mg (8.8%), Copper: 0.17mg (8.72%), Potassium: 297.67mg (8.5%), Magnesium: 22.02mg (5.51%), Vitamin C: 4.19mg (5.07%), Vitamin B1: 0.07mg (4.6%), Calcium: 43.53mg (4.35%), Iron: 0.71mg (3.97%), Zinc: 0.55mg (3.68%), Vitamin B6: 0.05mg (2.46%), Vitamin B2: 0.03mg (2.02%), Vitamin E: 0.28mg (1.85%), Vitamin B5: 0.17mg (1.74%), Vitamin A: 80.09IU (1.6%)