



Bibb Lettuce with Shrimp, Asparagus, and Chive Aioli



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus trimmed cut into 1 1/2-inch pieces
- ☐ 24 cups bibb lettuce
- ☐ 3 cups cherry tomatoes halved
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 cups mayonnaise
- ☐ 1.3 pounds bay shrimp cooked

- ☐ 2 tablespoons water
- ☐ 0.3 cup citrus champagne vinegar

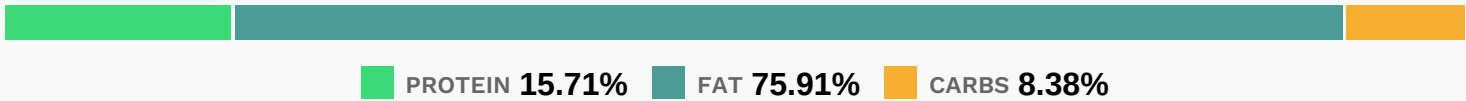
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Whisk first 5 ingredients in medium bowl. Season dressing with salt and pepper.
- ☐ Cook asparagus in pot of boiling salted water until crisp-tender, about 2 minutes.
- ☐ Drain. Rinse under cold water.
- ☐ Drain well. (Dressing and asparagus can be made 1 day ahead. Cover separately and chill.)
- ☐ Toss lettuce with half of shrimp, half of tomatoes, and half of asparagus in large shallow bowl. Top salad with remaining shrimp, tomatoes, and asparagus.
- ☐ Drizzle salad with dressing and serve.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:18.910869453264%

Flavonoids

Isorhamnetin: 4.37mg, Isorhamnetin: 4.37mg, Isorhamnetin: 4.37mg, Isorhamnetin: 4.37mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg

Nutrients (% of daily need)

Calories: 330.79kcal (16.54%), Fat: 28.53g (43.89%), Saturated Fat: 4.48g (28.01%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 4.11g (1.49%), Sugar: 3.52g (3.91%), Cholesterol: 91.75mg (30.58%), Sodium: 304.54mg (13.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.57%), Vitamin K: 197.43µg (188.03%), Vitamin A: 4126.27IU (82.53%), Folate: 119.91µg (29.98%), Vitamin C: 17.09mg (20.72%), Iron: 3.48mg (19.33%), Phosphorus:

193.34mg (19.33%), Copper: 0.38mg (19.12%), Manganese: 0.37mg (18.48%), Potassium: 610.53mg (17.44%), Vitamin E: 2.47mg (16.46%), Vitamin B1: 0.18mg (12.26%), Fiber: 2.98g (11.92%), Magnesium: 44.55mg (11.14%), Vitamin B2: 0.19mg (10.91%), Vitamin B6: 0.19mg (9.53%), Calcium: 92.51mg (9.25%), Zinc: 1.36mg (9.08%), Vitamin B3: 1.3mg (6.52%), Selenium: 3.46µg (4.95%), Vitamin B5: 0.48mg (4.75%)