



Blazing Buffalo-Shrimp Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 2 cups carrots grated
- ☐ 2 cups celery sliced
- ☐ 2 teaspoons chives chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.3 cup hot sauce
- ☐ 4 cups iceberg lettuce

- ☐ 0.8 cup buttermilk low-fat
- ☐ 8 servings salt and pepper
- ☐ 0.5 cup scallions sliced
- ☐ 2 pounds shrimp deveined peeled
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

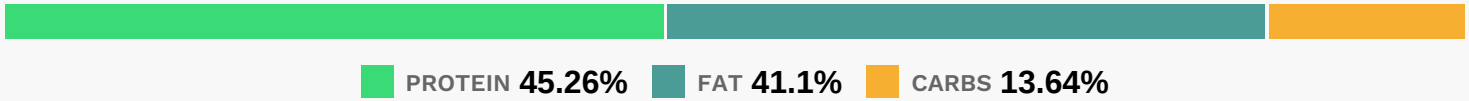
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine buttermilk, sour cream, apple cider vinegar, parsley, chives and garlic in a bowl; stir well and season with salt and pepper. Chill for 30 minutes.
- ☐ Toss lettuce, carrots, celery and scallions with buttermilk dressing in a large bowl.
- ☐ Place in serving bowl.
- ☐ Warm a large skillet over medium-high heat.
- ☐ Add oil and butter. When butter sizzles, add shrimp and cook, stirring, until opaque, about 4 minutes.
- ☐ Add buffalo-wing sauce, stir to coat shrimp and cook 1 minute longer.
- ☐ Pour shrimp and sauce over salad.

Nutrition Facts



Properties

Glycemic Index:36.23, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:15.478695562352%

Flavonoids

Apigenin: 4mg, Apigenin: 4mg, Apigenin: 4mg, Apigenin: 4mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 215.24kcal (10.76%), Fat: 10.07g (15.5%), Saturated Fat: 4.07g (25.42%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 5.54g (2.01%), Sugar: 4.4g (4.89%), Cholesterol: 199.48mg (66.49%), Sodium: 612.99mg (26.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.96g (49.91%), Vitamin A: 6039.36IU (120.79%), Vitamin K: 65.29µg (62.18%), Phosphorus: 304.04mg (30.4%), Copper: 0.49mg (24.65%), Potassium: 611.27mg (17.46%), Vitamin C: 13.13mg (15.92%), Calcium: 149.8mg (14.98%), Magnesium: 55.5mg (13.87%), Zinc: 1.89mg (12.57%), Manganese: 0.19mg (9.32%), Folate: 34.71µg (8.68%), Fiber: 1.98g (7.94%), Vitamin B2: 0.12mg (6.79%), Iron: 1.15mg (6.36%), Vitamin B6: 0.12mg (5.79%), Vitamin E: 0.82mg (5.5%), Vitamin B1: 0.06mg (4.04%), Vitamin B5: 0.32mg (3.19%), Vitamin B3: 0.54mg (2.72%), Selenium: 1.31µg (1.87%), Vitamin B12: 0.09µg (1.43%)