



Buffalo Shrimp Salad



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



20

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon pepper divided
- ☐ 0.5 cup onion red chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound certified american shrimp wild fresh uncooked peeled
- ☐ 2 tablespoons liquid from peppers in vinegar hot

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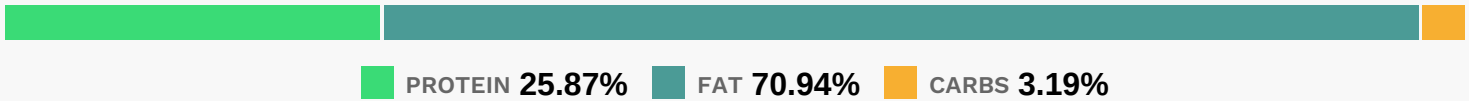
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ If frozen, thaw shrimp according to package directions. Devein shrimp, if desired.
- ☐ Toss together shrimp, 1/4 tsp. salt, and 1/4 tsp. pepper in a bowl.
- ☐ Add 2 Tbsp. liquid from hot peppers in vinegar, and toss to coat.
- ☐ Cook shrimp in 2 Tbsp. hot oil in a large nonstick skillet over medium heat 1 1/2 to 2 minutes on each side or just until shrimp turn pink. Coarsely chop shrimp.
- ☐ Whisk together mayonnaise, 2 tsp. liquid from hot peppers in vinegar, and remaining 1/4 tsp. salt and pepper in a medium bowl. Stir in chopped shrimp, celery, and onion until well blended.
- ☐ Mixture may be covered and chilled until ready to use. If chilled, let stand at room temperature 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:8.05, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.6708695869083%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 72.1kcal (3.6%), Fat: 5.72g (8.8%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.43g (0.16%), Sugar: 0.27g (0.3%), Cholesterol: 38.87mg (12.96%), Sodium: 122.95mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Vitamin K: 10.91µg (10.39%), Phosphorus: 51.84mg (5.18%), Copper: 0.09mg (4.69%), Vitamin E: 0.4mg (2.66%), Magnesium: 8.9mg (2.23%), Potassium: 76.58mg (2.19%), Zinc: 0.32mg (2.17%), Vitamin C: 1.52mg (1.84%), Calcium: 17.31mg (1.73%), Manganese: 0.02mg (1.19%)