



Captain Kidd's Hawk-Crushing Shrimp Rolls

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings baby greens for serving
- 2 ribs celery sliced
- 1 tablespoon freshly chives plus more for garnish chopped
- 8 servings crab boil to taste (recommended: Old Bay)
- 1 teaspoon mustard dry (recommended: Coleman's)
- 1 package potato bread hot dog rolls (8-bun)
- 0.5 juice of lemon juiced
- 1 cup mayonnaise to taste

- 1 small bell pepper diced red divided
- 8 servings salt
- 8 servings salt and pepper black freshly ground
- 1 pound shrimp shelled deveined

Equipment

- bowl
- frying pan
- pot
- plastic wrap

Directions

- Open each bun and cut in half.
- Lay buns out on sheet pan. Cover sheet pan with plastic wrap and lay another sheet pan on top of the buns to flatten the buns.
- Bring a large pot of water to poaching temperature.
- Add salt, crab boil and carefully add the shrimp. Cook until the shrimp are opaque, about 3 to 5 minutes.
- Drain and set aside until cool enough to handle, about 5 minutes. Once cooled, slice each shrimp in half.
- In a large bowl, add the celery, mayonnaise, 1 tablespoon chives, 3/4 red bell pepper (reserve remaining for garnish), lemon juice, mustard and salt and pepper, to taste, and toss to combine.
- Add the shrimp and toss to combine.
- Place the baby greens into the base of the buns. Top with the shrimp and garnish with chives and remaining red bell pepper.

Nutrition Facts



PROTEIN 17.84% FAT 55.94% CARBS 26.22%

Properties

Glycemic Index:31.63, Glycemic Load:12.53, Inflammation Score:-7, Nutrition Score:14.063478371371%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 371.38kcal (18.57%), Fat: 23.16g (35.63%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 24.43g (8.15%), Net Carbohydrates: 23.05g (8.38%), Sugar: 3.8g (4.22%), Cholesterol: 103.05mg (34.35%), Sodium: 660.99mg (28.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.62g (33.24%), Vitamin K: 68.08µg (64.83%), Vitamin C: 23.16mg (28.08%), Manganese: 0.49mg (24.25%), Phosphorus: 195.05mg (19.5%), Selenium: 12.68µg (18.11%), Vitamin A: 877.23IU (17.54%), Vitamin B1: 0.25mg (16.84%), Folate: 66.55µg (16.64%), Copper: 0.32mg (15.88%), Iron: 2.82mg (15.66%), Calcium: 129.02mg (12.9%), Vitamin B3: 2.13mg (10.66%), Magnesium: 42.02mg (10.5%), Vitamin B2: 0.17mg (9.77%), Potassium: 339.56mg (9.7%), Zinc: 1.3mg (8.69%), Vitamin E: 1.25mg (8.31%), Vitamin B6: 0.12mg (6.17%), Fiber: 1.39g (5.56%), Vitamin B12: 0.12µg (1.93%), Vitamin B5: 0.16mg (1.57%)