



Chilled Shrimp with Rémolade Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 servings sauce



6 servings lemon wedges



4 pounds shrimp fresh cooked unpeeled

Equipment

Directions

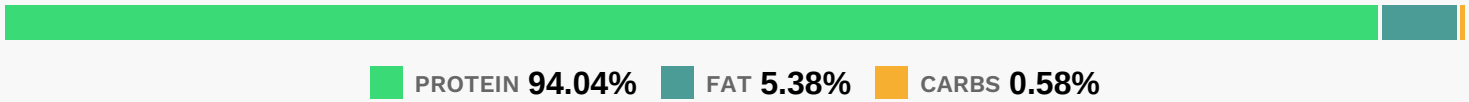


Peel shrimp, and devein, if desired.

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Serve shrimp with Remoulade Sauce and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.02, Inflammation Score:1, Nutrition Score:10.185652292536%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 258.55kcal (12.93%), Fat: 1.55g (2.38%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 0.38g (0.13%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.26g (0.28%), Cholesterol: 486.86mg (162.29%), Sodium: 371.87mg (16.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.8g (121.6%), Phosphorus: 647.29mg (64.73%), Copper: 1.18mg (59.14%), Zinc: 4.05mg (27.02%), Magnesium: 105.92mg (26.48%), Potassium: 799.7mg (22.85%), Calcium: 193.79mg (19.38%), Iron: 1.58mg (8.77%), Manganese: 0.1mg (5%)