



Cilantro Shrimp Salad on Sourdough Rolls

 Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 cup cherry tomatoes quartered
- 0.3 teaspoon tarragon dried
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup parsley fresh finely chopped
- 0.3 cup green onions chopped
- 0.1 teaspoon ground pepper red
- 3 tablespoons juice of lemon fresh

- 0.3 cup mayonnaise light
- 4 romaine lettuce leaves
- 0.3 teaspoon salt
- 0.5 pound shrimp cooked chopped
- 8 ounce sourdough rolls (such as Pepperidge Farm)

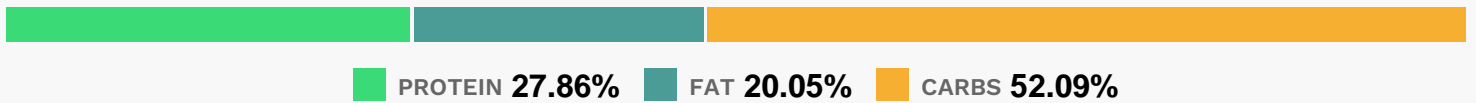
Equipment

- bowl
- baking sheet
- broiler

Directions

- Combine mayonnaise and next 8 ingredients in a medium bowl; add shrimp to mayonnaise mixture. Gently fold in tomato.
- Preheat broiler.
- Split rolls in half lengthwise to, but not through, other side.
- Place on a baking sheet, and broil 2 minutes or until lightly toasted.
- Place a lettuce leaf in each toasted roll; spoon 3/4 cup shrimp mixture into each roll.

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:18.57, Inflammation Score:-9, Nutrition Score:16.068260856297%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 239.61kcal (11.98%), Fat: 5.41g (8.32%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 31.6g (10.53%), Net Carbohydrates: 29.37g (10.68%), Sugar: 5.73g (6.36%), Cholesterol: 93.53mg (31.18%), Sodium: 574.43mg (24.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.8%), Vitamin K: 176.55µg (168.15%), Vitamin A: 3424.96IU (68.5%), Iron: 9.99mg (55.48%), Vitamin C: 25.5mg (30.91%), Folate: 62.18µg (15.55%), Phosphorus: 151.08mg (15.11%), Copper: 0.29mg (14.45%), Potassium: 386.71mg (11.05%), Fiber: 2.23g (8.92%), Magnesium: 34.08mg (8.52%), Manganese: 0.16mg (7.87%), Calcium: 73.92mg (7.39%), Zinc: 1.01mg (6.73%), Vitamin E: 0.7mg (4.69%), Vitamin B6: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.24%), Vitamin B2: 0.05mg (2.65%), Vitamin B3: 0.46mg (2.29%), Vitamin B5: 0.15mg (1.53%), Selenium: 0.75µg (1.06%)