



Cook the Book: Raoul's Shrimp Salad



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bell pepper red seeds removed, cut into 1/4- inch cubes (1 1/2 cups) trimmed
- ☐ 2 rib celery stalks cut into crosswise slices (1 1/2 cups)
- ☐ 0.5 cup chives fresh minced
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 4 servings sea salt fine
- ☐ 1.5 pounds shrimp deveined cooked peeled (25 to 30)
- ☐ 1 drops all the tabasco sauce you handle
- ☐ 0.5 cup sacramento tomato juice

☐ 2 teaspoons worcestershire sauce

Equipment

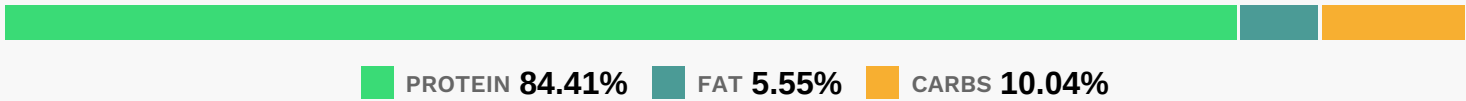
☐ bowl

☐ whisk

Directions

- ☐ In a large bowl, whisk together the tomato juice, lemon juice, Worcestershire sauce, Tabasco, and salt. Taste for seasoning.
- ☐ Add the red peppers and celery. Stir to blend. Cover and refrigerate for at least 1 hour to let the flavors develop.
- ☐ Toss the shrimp with just enough sauce to lightly and evenly coat the ingredients.
- ☐ Add the chives and toss to blend. Taste for seasoning. Mound the shrimp salad on plates, and serve.

Nutrition Facts



Properties

Glycemic Index:35.08, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:12.13478257993%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 162.21kcal (8.11%), Fat: 1.02g (1.57%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.26g (1.19%), Sugar: 2.83g (3.14%), Cholesterol: 273.86mg (91.29%), Sodium: 446.63mg (19.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.9g (69.79%), Vitamin C: 48.59mg (58.89%), Phosphorus: 382.36mg (38.24%), Copper: 0.7mg (35.18%), Vitamin A: 1291.05IU (25.82%), Potassium: 625.75mg (17.88%),

Magnesium: 69.23mg (17.31%), Zinc: 2.44mg (16.24%), Vitamin K: 12.99µg (12.37%), Calcium: 122.36mg (12.24%), Iron: 1.39mg (7.72%), Folate: 26.19µg (6.55%), Manganese: 0.13mg (6.55%), Vitamin B6: 0.13mg (6.48%), Vitamin E: 0.59mg (3.92%), Fiber: 0.89g (3.57%), Vitamin B3: 0.55mg (2.77%), Vitamin B2: 0.05mg (2.67%), Vitamin B1: 0.04mg (2.5%), Vitamin B5: 0.19mg (1.93%)