



Creamy Lemon Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups broccoli florets cut into 1/2-inch pieces
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 medium lemons

- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup nonfat yogurt plain
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp cooked (any size)
- ☐ 2 teaspoons sugar
- ☐ 8 ounces tofu noodles rinsed drained (found in the Asian section of grocery store)

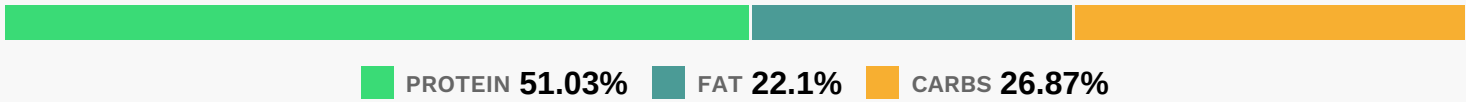
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place yogurt, sour cream, chives, tarragon, garlic, mustard, oil, sugar, salt and pepper in a bowl. Zest lemons over bowl. Juice 1 lemon into bowl.
- ☐ Whisk until smooth.
- ☐ Add shrimp, broccoli, arugula and noodles. Toss to coat and serve with remaining lemon, cut into wedges, if desired.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:95.9, Glycemic Load:4.21, Inflammation Score:-8, Nutrition Score:19.554347927156%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 7.33mg, Kaempferol: 7.33mg, Kaempferol: 7.33mg, Kaempferol: 7.33mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg

0.32mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 245.11kcal (12.26%), Fat: 6.4g (9.85%), Saturated Fat: 1.67g (10.47%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 13.73g (4.99%), Sugar: 6.98g (7.75%), Cholesterol: 188.21mg (62.74%), Sodium: 512.08mg (22.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.25g (66.51%), Vitamin C: 74.64mg (90.47%), Vitamin K: 63.64µg (60.61%), Phosphorus: 361.45mg (36.14%), Calcium: 319.75mg (31.97%), Copper: 0.53mg (26.7%), Manganese: 0.5mg (24.92%), Potassium: 778.34mg (22.24%), Magnesium: 79.43mg (19.86%), Iron: 3.27mg (18.14%), Vitamin A: 827.23IU (16.54%), Zinc: 2.33mg (15.52%), Folate: 61.16µg (15.29%), Fiber: 3.78g (15.11%), Vitamin B6: 0.25mg (12.51%), Vitamin B2: 0.21mg (12.41%), Vitamin B1: 0.1mg (6.44%), Vitamin B5: 0.63mg (6.3%), Selenium: 4.18µg (5.97%), Vitamin E: 0.68mg (4.55%), Vitamin B12: 0.25µg (4.12%), Vitamin B3: 0.75mg (3.75%)