



Creamy Shrimp-and-Macaroni Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 1 tablespoon dijon mustard country-style
- ☐ 8 oz elbow macaroni
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 0.5 cup spring onion chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon pepper

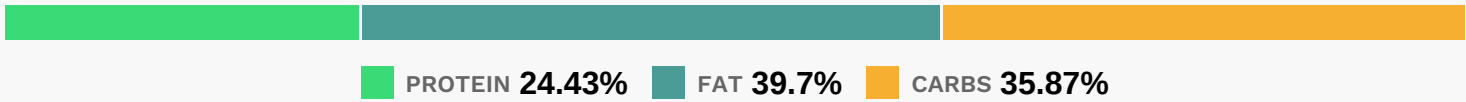
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp peeled
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons citrus champagne vinegar

Equipment

Directions

- ☐ Prepare macaroni according to package directions; rinse with cold running water. Stir together celery, green onions, mayonnaise, parsley, Dijon mustard, tarragon, vinegar, sugar, salt, and pepper. Coarsely chop Perfect Poached Shrimp; stir shrimp and mayonnaise mixture into pasta. Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:87.52, Glycemic Load:1.61, Inflammation Score:-6, Nutrition Score:18.375652227713%

Flavonoids

Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 516.35kcal (25.82%), Fat: 22.71g (34.94%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 43.4g (15.78%), Sugar: 3.22g (3.58%), Cholesterol: 194.33mg (64.78%), Sodium: 663.6mg (28.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.45g (62.91%), Vitamin K: 137.03µg (130.51%), Selenium: 37.97µg (54.25%), Manganese: 0.77mg (38.56%), Phosphorus: 375.47mg (37.55%), Copper: 0.65mg (32.49%), Magnesium: 83.98mg (20.99%), Zinc: 2.56mg (17.08%), Potassium: 580.7mg (16.59%), Iron: 2.48mg (13.78%), Calcium: 129.14mg (12.91%), Vitamin A: 592.26IU (11.85%), Fiber: 2.79g (11.15%), Vitamin C: 8.63mg (10.46%), Folate: 34.93µg (8.73%), Vitamin E: 1.13mg (7.51%), Vitamin B6: 0.15mg (7.41%), Vitamin B3: 1.3mg (6.49%), Vitamin B1: 0.08mg (5.21%), Vitamin B2: 0.09mg (5.09%), Vitamin B5: 0.36mg (3.61%)