



Creole Shrimp Rémoulade over Baby Arugula



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby arugula
- ☐ 1 bay leaf
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup green onions thinly sliced
- ☐ 3 tablespoons ground pepper red
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon catsup

- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 1 teaspoon mustard seeds
- ☐ 1 teaspoon olive oil
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 tablespoons onion sweet finely chopped
- ☐ 4 cups water
- ☐ 1 teaspoon citrus champagne vinegar
- ☐ 0.5 teaspoon worcestershire sauce

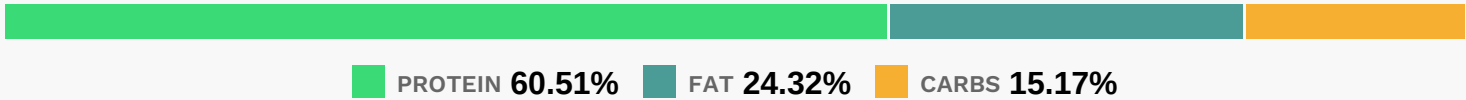
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ To prepare shrimp, combine the first 6 ingredients in a large saucepan; bring to a boil.
- ☐ Add shrimp; cook 2 minutes.
- ☐ Drain; rinse with cold water until cool.
- ☐ Drain; discard bay leaf.
- ☐ To prepare sauce, combine green onions and next 9 ingredients (through 1/8 teaspoon salt) in a large bowl; add shrimp, tossing to coat. Cover; chill 20 minutes. Arrange 1 cup arugula on each of 4 salad plates; top each serving with 1/2 cup shrimp mixture.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.59, Inflammation Score:-9, Nutrition Score:12.177826155787%

Flavonoids

Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.12mg, Kaempferol: 7.12mg, Kaempferol: 7.12mg, Kaempferol: 7.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 153.94kcal (7.7%), Fat: 4.35g (6.7%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 4.2g (1.53%), Sugar: 2.43g (2.7%), Cholesterol: 183.69mg (61.23%), Sodium: 529.19mg (23.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.36g (48.72%), Vitamin K: 46.64µg (44.42%), Vitamin A: 2136.82IU (42.74%), Phosphorus: 281.14mg (28.11%), Copper: 0.53mg (26.74%), Magnesium: 64.82mg (16.2%), Potassium: 505.19mg (14.43%), Calcium: 134.06mg (13.41%), Manganese: 0.25mg (12.59%), Zinc: 1.86mg (12.41%), Vitamin E: 1.66mg (11.09%), Iron: 1.81mg (10.03%), Vitamin C: 8.12mg (9.84%), Folate: 31.44µg (7.86%), Fiber: 1.91g (7.65%), Vitamin B6: 0.13mg (6.55%), Selenium: 3.51µg (5.02%), Vitamin B2: 0.07mg (4.17%), Vitamin B1: 0.04mg (2.84%), Vitamin B3: 0.56mg (2.78%), Vitamin B5: 0.12mg (1.21%)