



Dill and Shrimp Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



341 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 stalks celery chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 3 green onions chopped
- ☐ 8 servings ground pepper black to taste
- ☐ 2 juice of lemon juiced
- ☐ 1 juice of lime juiced
- ☐ 1 cup mayonnaise
- ☐ 3 pounds shrimp cooked

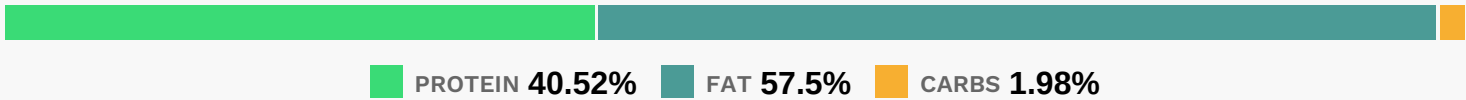
Equipment

☐ bowl

Directions

- ☐ In a large bowl, combine the shrimp, lemon juice, lime juice, celery, onion, dill, mayonnaise, and pepper.
- ☐ Mix well and refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:9.564782605223%

Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 340.68kcal (17.03%), Fat: 21.86g (33.63%), Saturated Fat: 3.46g (21.61%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.65g (0.72%), Cholesterol: 285.62mg (95.21%), Sodium: 389.14mg (16.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.66g (69.33%), Vitamin K: 58.07µg (55.31%), Phosphorus: 375.27mg (37.53%), Copper: 0.68mg (34.06%), Zinc: 2.36mg (15.73%), Magnesium: 62.76mg (15.69%), Potassium: 506.89mg (14.48%), Calcium: 119.86mg (11.99%), Vitamin E: 0.99mg (6.6%), Vitamin C: 5.23mg (6.33%), Iron: 1.05mg (5.85%), Manganese: 0.09mg (4.53%), Folate: 9.85µg (2.46%), Vitamin A: 114.7IU (2.29%), Fiber: 0.34g (1.36%), Selenium: 0.73µg (1.04%)