



Dilled Shrimp and Egg Salad Wraps

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 hardboiled eggs chopped
- ☐ 1 cup shrimp cooked chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 tablespoons onion red finely chopped
- ☐ 3 tablespoons mustard
- ☐ 0.3 teaspoon salt
- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 2 cups lettuce shredded

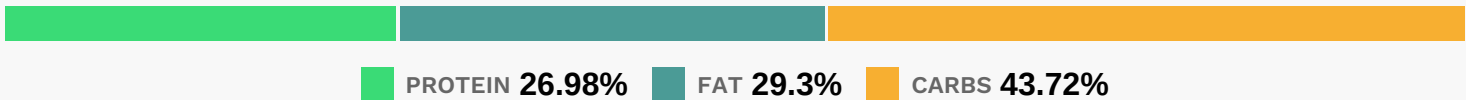
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Mix all ingredients except tortillas and lettuce in medium bowl.
- ☐ Spread shrimp mixture evenly on each tortilla; top with lettuce. Fold in sides of each wrap; roll up.
- ☐ Cut each in half.
- ☐ Serve immediately, or wrap each sandwich in plastic wrap and refrigerate until serving, up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:12.51, Inflammation Score:-5, Nutrition Score:17.132173854372%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 380.28kcal (19.01%), Fat: 12.27g (18.88%), Saturated Fat: 4.01g (25.04%), Carbohydrates: 41.21g (13.74%), Net Carbohydrates: 37.48g (13.63%), Sugar: 4.53g (5.04%), Cholesterol: 281.73mg (93.91%), Sodium: 979.13mg (42.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.43g (50.86%), Selenium: 36.67µg (52.39%), Phosphorus: 394.04mg (39.4%), Vitamin B1: 0.46mg (30.9%), Vitamin B2: 0.49mg (29.08%), Folate: 107.61µg (26.9%), Manganese: 0.52mg (25.88%), Iron: 4.08mg (22.65%), Calcium: 191.69mg (19.17%), Vitamin B3: 3.59mg (17.96%), Copper: 0.34mg (16.92%), Fiber: 3.73g (14.93%), Vitamin K: 14.63µg (13.93%), Magnesium: 51.33mg (12.83%), Zinc: 1.87mg (12.44%), Potassium: 392.3mg (11.21%), Vitamin B12: 0.56µg (9.25%), Vitamin A: 456.53IU (9.13%), Vitamin B5: 0.9mg (9%), Vitamin D: 1.1µg (7.33%), Vitamin B6: 0.14mg (6.78%), Vitamin E: 0.62mg (4.13%),

Vitamin C: 1.51mg (1.83%)