



Dilled Shrimp Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 large boston lettuce leaves
- 2 Tbsp knudsen cream light sour
- 0.5 cup cucumbers chopped
- 2 tsp grey poupon dijon mustard
- 0.5 tsp dill weed
- 2 green onions thinly sliced
- 1 optional: lemon cut into 4 wedges
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft

1 lb shrimp cleaned cooked chopped

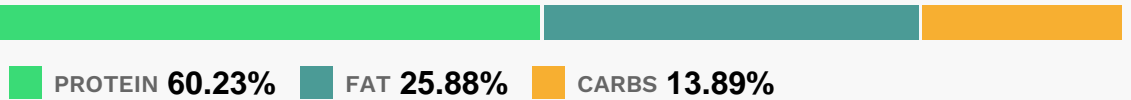
Equipment

bowl

Directions

- Mix first 4 ingredients in medium bowl.
- Add shrimp, cucumbers and onions; mix lightly.
- Serve on lettuce leaves with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:8.711304474784%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 153.09kcal (7.65%), Fat: 4.56g (7.01%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 4.2g (1.53%), Sugar: 1.73g (1.92%), Cholesterol: 186.91mg (62.3%), Sodium: 285.79mg (12.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.87g (47.74%), Vitamin K: 36.55µg (34.81%), Phosphorus: 266.72mg (26.67%), Copper: 0.48mg (23.9%), Vitamin C: 16.6mg (20.12%), Potassium: 432.4mg (12.35%), Magnesium: 49.08mg (12.27%), Vitamin A: 606.75IU (12.13%), Zinc: 1.67mg (11.16%), Calcium: 102.39mg (10.24%), Iron: 1.13mg (6.26%), Folate: 21.5µg (5.38%), Manganese: 0.11mg (5.28%), Fiber: 1.3g (5.2%), Vitamin E: 0.44mg (2.93%), Vitamin B6: 0.05mg (2.46%), Vitamin B1: 0.04mg (2.4%), Selenium: 1.65µg (2.36%), Vitamin B2: 0.03mg (1.91%), Vitamin B5: 0.13mg (1.34%)