

Dilled Shrimp Salad



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



10

CALORIES



273 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

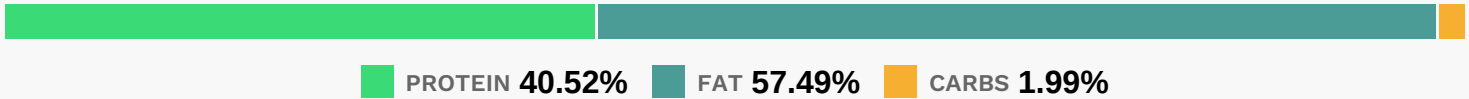
Equipment

☐ bowl

Directions

- ☐ Chop cooked shrimp into small pieces and place in a large bowl; squeeze lemon and lime juice over shrimp.
- ☐ Add chopped celery, green onions, dill, mayonnaise and pepper; mix well.
- ☐ Refrigerate for 2 hours to allow flavors to combine; bring to room temperature for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:7.6634782954403%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 272.6kcal (13.63%), Fat: 17.49g (26.91%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.09g (0.39%), Sugar: 0.52g (0.58%), Cholesterol: 228.49mg (76.16%), Sodium: 311.31mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.47%), Vitamin K: 46.49µg (44.28%), Phosphorus: 300.25mg (30.02%), Copper: 0.55mg (27.26%), Zinc: 1.89mg (12.59%), Magnesium: 50.24mg (12.56%), Potassium: 405.78mg (11.59%), Calcium: 95.98mg (9.6%), Vitamin E: 0.79mg (5.29%), Vitamin C: 4.18mg (5.07%), Iron: 0.84mg (4.69%), Manganese: 0.08mg (3.75%), Folate: 7.88µg (1.97%), Vitamin A: 91.87IU (1.84%), Fiber: 0.28g (1.11%)