



Four "s" Tomatoes! (Simple Shrimp Stuffed Salad)



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 medium beef tomatoes fresh (garden are best)
- ☐ 1 teaspoon pepper fresh black
- ☐ 3 stalks celery finely minced
- ☐ 1 tablespoon creole seasoning (can use Old Bay seasoning)
- ☐ 2 tablespoons parsley fresh finely minced (if you don't have , leave out)
- ☐ 0.8 cup mayonnaise reduced-fat (no Miracle Whip, please)
- ☐ 1 cup peas frozen (do not cook, just rinse to separate)

- ☐ 4 servings salt
- ☐ 1.5 lbs shrimp pre-cooked (or cook yourself)

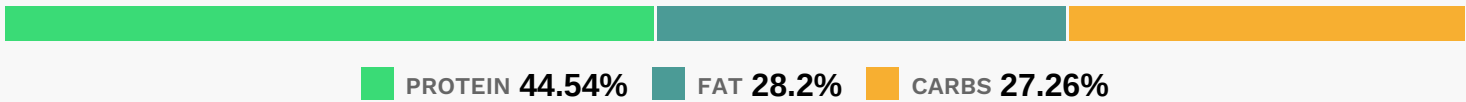
Equipment

- ☐ bowl

Directions

- ☐ Remove 16 shrimp and set aside.2 Coarsely chop rest of shrimp.
- ☐ Mix with the next six ingredients and refrigerate. Start with 1 tbls creole seasoning and taste before adding more. The flavor increases some with standing.3 To Make Tomato Bowls:.4 Decide which sides of the tomato will lay flatter.
- ☐ Cut off thin strip to help this happen.5
- ☐ Cut off top and empty insides.6 Lightly salt insides and turn upside down to drain. Leave like this about fifteen minutes. Do not rinse.7 Stand upright.
- ☐ Cut in half from top to bottom making sure that the stripped side will now be the bottom.8 Line 4 plates with lettuce leaves. Fill each tomato half.9
- ☐ Place two halves on a plate. Top each half with two whole shrimp and sprinkle with parsley.10 Yum, yum -- enjoy!

Nutrition Facts



Properties

Glycemic Index:44.58, Glycemic Load:5.09, Inflammation Score:-10, Nutrition Score:28.155217232911%

Flavonoids

Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Apigenin: 5.16mg, Apigenin: 5.16mg, Apigenin: 5.16mg, Apigenin: 5.16mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 344.35kcal (17.22%), Fat: 11.17g (17.19%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 17.38g (6.32%), Sugar: 12.95g (14.38%), Cholesterol: 280.58mg (93.53%), Sodium: 787.85mg (34.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.72g (79.43%), Vitamin K: 108.87µg (103.68%), Vitamin C: 64.79mg (78.53%), Vitamin A: 3471.15IU (69.42%), Phosphorus: 501.92mg (50.19%), Copper: 0.97mg (48.31%), Potassium: 1458.93mg (41.68%), Manganese: 0.76mg (38.11%), Magnesium: 117.14mg (29.28%), Fiber: 6.93g (27.73%), Zinc: 3.43mg (22.9%), Folate: 91.55µg (22.89%), Vitamin E: 2.92mg (19.45%), Vitamin B6: 0.37mg (18.64%), Calcium: 181.5mg (18.15%), Iron: 2.98mg (16.56%), Vitamin B1: 0.24mg (15.79%), Vitamin B3: 2.94mg (14.7%), Vitamin B2: 0.13mg (7.9%), Vitamin B5: 0.45mg (4.53%), Selenium: 1.96µg (2.81%)