



Galatoire's Shrimp Rémoulade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 rib celery coarsely chopped
- ☐ 0.5 cup dijon mustard
- ☐ 4 green onions coarsely chopped
- ☐ 1 tablespoon horseradish prepared
- ☐ 0.5 cup catsup
- ☐ 12 servings lettuce leaves
- ☐ 0.5 cup onion chopped
- ☐ 0.8 cup parsley fresh italian

- ☐ 0.5 cup red wine vinegar
- ☐ 2 pounds shrimp fresh deveined cooked peeled
- ☐ 0.5 cup tomato purée
- ☐ 1 cup vegetable oil
- ☐ 1 teaspoon worcestershire sauce

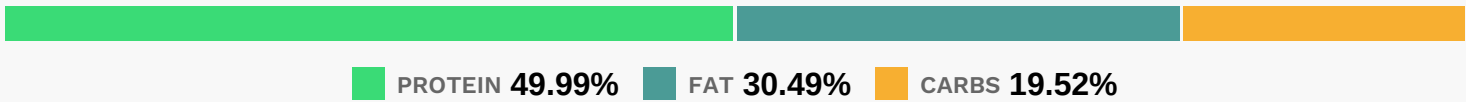
Equipment

- ☐ food processor

Directions

- ☐ Pulse first 4 ingredients in a food processor until finely chopped.
- ☐ Add vinegar and next 5 ingredients, and process until well blended and smooth, stopping to scrape down sides. With processor running, pour oil in a slow, steady stream, processing until blended. Stir in paprika, if desired.
- ☐ Cover and chill 6 to 8 hours.
- ☐ Stir chilled sauce; pour over shrimp, gently tossing to coat.
- ☐ Serve on lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:0.3, Inflammation Score:-9, Nutrition Score:11.480434827183%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 128.78kcal (6.44%), Fat: 4.46g (6.85%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 5.11g (1.86%), Sugar: 3.61g (4.01%), Cholesterol: 121.71mg (40.57%), Sodium: 320.38mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.44g (32.88%), Vitamin K: 77.43µg (73.75%), Vitamin A: 2249.13IU (44.98%), Phosphorus: 194.07mg (19.41%), Copper: 0.36mg (17.87%), Vitamin C: 12.6mg (15.27%), Potassium: 391.1mg (11.17%), Magnesium: 42.55mg (10.64%), Manganese: 0.2mg (9.8%), Zinc: 1.27mg (8.44%), Calcium: 78.58mg (7.86%), Iron: 1.39mg (7.71%), Selenium: 3.92µg (5.6%), Folate: 22.35µg (5.59%), Vitamin E: 0.82mg (5.46%), Fiber: 1.31g (5.24%), Vitamin B2: 0.07mg (3.88%), Vitamin B6: 0.08mg (3.78%), Vitamin B1: 0.06mg (3.76%), Vitamin B3: 0.54mg (2.72%), Vitamin B5: 0.11mg (1.12%)