



Iceberg Salad with Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

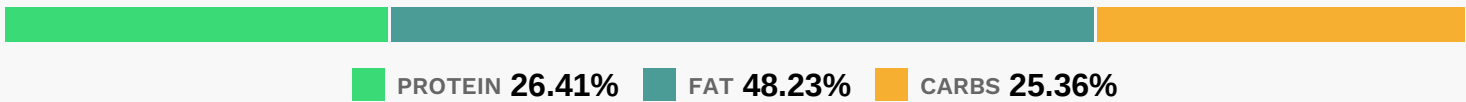
- ☐ 2 tablespoons chives chopped
- ☐ 0.5 cup cocktail sauce prepared
- ☐ 3 drops hot sauce
- ☐ 1 head iceberg lettuce
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup mayonnaise
- ☐ 4 servings salt and pepper
- ☐ 1 cup shrimp 300 count

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Slam the core of the head of lettuce on the counter then twist and remove it. Quarter the head of lettuce lengthwise.
- ☐ Combine cocktail sauce, hot sauce, lemon juice and zest and mayo. Stir shrimp into dressing and spoon it evenly down over quartered lettuce. Season salads with a little salt and pepper and scatter chives over the salads and serve.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:8.3465218427389%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 202.6kcal (10.13%), Fat: 11.02g (16.96%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 11.37g (4.13%), Sugar: 9.79g (10.88%), Cholesterol: 101.11mg (33.7%), Sodium: 741.37mg (32.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.58g (27.16%), Vitamin K: 58.51µg (55.72%), Phosphorus: 158.02mg (15.8%), Vitamin A: 752.51IU (15.05%), Copper: 0.27mg (13.58%), Folate: 42.9µg (10.72%), Potassium: 362.23mg (10.35%), Vitamin C: 8.11mg (9.83%), Manganese: 0.2mg (9.81%), Magnesium: 31.4mg (7.85%), Zinc: 1.03mg (6.86%), Fiber: 1.68g (6.72%), Calcium: 65.24mg (6.52%), Iron: 0.92mg (5.14%), Vitamin E: 0.72mg (4.78%), Vitamin B1: 0.06mg (3.99%), Vitamin B6: 0.06mg (3.22%), Vitamin B2: 0.04mg (2.34%), Vitamin B5: 0.16mg (1.62%)