



Lime Shrimp Rolls

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup celery chopped
- ☐ 0.5 teaspoon tarragon fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 4 hotdog buns
- ☐ 4 romaine leaves
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 servings lime wedges

- ☐ 0.5 teaspoon lime zest
- ☐ 0.3 cup mayonnaise
- ☐ 4 servings lime

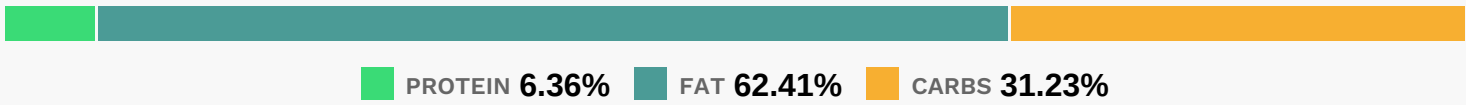
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Coarsely chop reserved shrimp from Grilled Lime Shrimp and Vegetable Rice. Stir together celery, mayonnaise, lime zest, lime juice, tarragon, and shrimp in a bowl. Stir together melted butter and garlic; spread on cut sides of hot dog buns.
- ☐ Bake 7 to 8 minutes or until toasted.
- ☐ Place 1 lettuce leaf in each roll; top with shrimp mixture.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:97.5, Glycemic Load:13.19, Inflammation Score:-8, Nutrition Score:10.181304413339%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 3.88mg, Hesperetin: 3.88mg, Hesperetin: 3.88mg, Hesperetin: 3.88mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 306.33kcal (15.32%), Fat: 21.36g (32.87%), Saturated Fat: 6.15g (38.45%), Carbohydrates: 24.05g (8.02%), Net Carbohydrates: 22.57g (8.21%), Sugar: 3.82g (4.25%), Cholesterol: 22.89mg (7.63%), Sodium: 390.84mg

(16.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.79%), Vitamin A: 2037.7IU (40.75%), Vitamin K: 36.74µg (34.99%), Manganese: 0.36mg (17.76%), Selenium: 12.41µg (17.73%), Vitamin B1: 0.27mg (17.68%), Folate: 56.5µg (14.13%), Vitamin C: 9.15mg (11.09%), Iron: 1.89mg (10.48%), Vitamin B2: 0.17mg (9.98%), Vitamin B3: 1.97mg (9.83%), Calcium: 85.52mg (8.55%), Vitamin E: 1.02mg (6.82%), Phosphorus: 62.46mg (6.25%), Fiber: 1.49g (5.95%), Potassium: 160.01mg (4.57%), Magnesium: 16.46mg (4.12%), Vitamin B6: 0.08mg (4.11%), Copper: 0.06mg (3.23%), Zinc: 0.44mg (2.93%), Vitamin B12: 0.12µg (1.99%)