



McCall's Plantation Shrimp Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings bell pepper black
- ☐ 0.5 cup olives green chopped
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup onion chopped
- ☐ 1 cup rice
- ☐ 1 package shrimp seasoning (recommended: Old Bay)
- ☐ 2 pounds shrimp cleaned

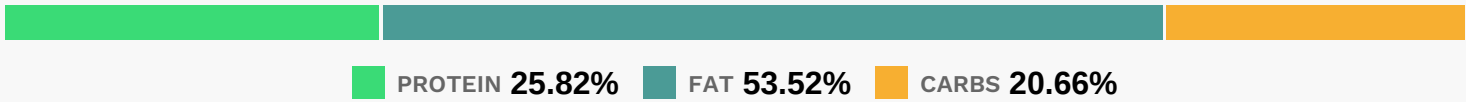
Equipment

☐ paper towels

Directions

- ☐ Boil shrimp in water, to cover, with shrimp seasoning just until pink.
- ☐ Drain and reserve the shrimp boil water. Chop shrimp into bite-size chunks, put on paper towels; set aside to cool. In the reserved water, boil the rice according to package instructions until tender, drain and set aside.
- ☐ Add the onion, olives, and black pepper, to taste, to the rice. Then stir in the mayonnaise.
- ☐ Add the cooled, dry shrimp last. Toss and serve.

Nutrition Facts



Properties

Glycemic Index:28.36, Glycemic Load:15.23, Inflammation Score:-2, Nutrition Score:11.224347736524%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 516.96kcal (25.85%), Fat: 30.64g (47.14%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 26.61g (8.87%), Net Carbohydrates: 25.58g (9.3%), Sugar: 0.88g (0.97%), Cholesterol: 259.38mg (86.46%), Sodium: 594.78mg (25.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.25g (66.51%), Vitamin K: 61.26µg (58.34%), Phosphorus: 371.69mg (37.17%), Copper: 0.69mg (34.34%), Manganese: 0.42mg (20.9%), Zinc: 2.45mg (16.32%), Magnesium: 63.8mg (15.95%), Potassium: 468.05mg (13.37%), Calcium: 117.85mg (11.79%), Vitamin E: 1.69mg (11.27%), Selenium: 5.69µg (8.12%), Iron: 1.21mg (6.69%), Fiber: 1.02g (4.1%), Vitamin B5: 0.4mg (3.97%), Vitamin B6: 0.07mg (3.67%), Vitamin B3: 0.54mg (2.68%), Vitamin B1: 0.03mg (2.26%), Folate: 7.22µg (1.81%), Vitamin B2: 0.03mg (1.57%), Vitamin A: 69.29IU (1.39%), Vitamin C: 0.99mg (1.2%)