



Mini Shrimp Rolls

READY IN



30 min.

SERVINGS



12

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 3 tablespoons butter
- 1 rib celery minced
- 0.5 teaspoon dijon mustard
- 1 tablespoon tarragon fresh chopped
- 1 clove garlic minced
- 0.5 juice of lemon juiced
- 12 servings kosher salt
- 0.3 cup mayonnaise

- 12 servings pepper freshly ground
- 1 small shallots minced
- 1 pound shrimp deveined peeled
- 12 slider rolls split

Equipment

- bowl
- paper towels
- pot
- broiler
- microwave
- skewers

Directions

- Heat the broiler. Bring a large pot of water to a simmer.
- Add a large pinch of salt, bay leaf and the shrimp and simmer for 2 minutes.
- Drain and rinse under cold water to stop the cooking. Dry very well with paper towels and then chop the shrimp.
- Combine the celery, shallot, tarragon, mayonnaise, Dijon mustard, lemon juice, salt and pepper in a medium bowl, and then stir in the shrimp.
- Combine the butter and garlic together in a medium-size microwave-safe bowl and melt in the microwave until melted, about 20 seconds.
- Brush the top and bottoms of the rolls with the garlic butter.
- Place under the broiler and cook until toasted and golden brown, about 2 minutes.
- Add about 2 tablespoons of the shrimp mixture to the bottom bun and top with the remaining bun halve. Secure with a bamboo skewer.
- Serve immediately.

Nutrition Facts



■ PROTEIN 19.25% ■ FAT 32.32% ■ CARBS 48.43%

Properties

Glycemic Index:33.25, Glycemic Load:23.29, Inflammation Score:-1, Nutrition Score:5.4839129713566%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 277.51kcal (13.88%), Fat: 9.95g (15.31%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 32.27g (11.74%), Sugar: 4.61g (5.13%), Cholesterol: 71mg (23.67%), Sodium: 598.95mg (26.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Iron: 11.1mg (61.69%), Vitamin K: 11.55µg (11%), Phosphorus: 87.79mg (8.78%), Copper: 0.16mg (7.93%), Fiber: 1.27g (5.09%), Manganese: 0.09mg (4.4%), Calcium: 41.96mg (4.2%), Magnesium: 16.61mg (4.15%), Potassium: 139.13mg (3.98%), Zinc: 0.56mg (3.74%), Vitamin A: 132.37IU (2.65%), Vitamin E: 0.3mg (1.99%), Vitamin B6: 0.03mg (1.43%), Vitamin C: 1.13mg (1.37%), Folate: 4.23µg (1.06%)