

Mini Shrimp Rolls

READY IN



45 min.

SERVINGS



6

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 3 tablespoons celery stalks peeled finely chopped
- ☐ 24 potato buns mini soft (each)
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 1 tablespoon grapeseed oil
- ☐ 2 teaspoons horseradish prepared
- ☐ 6 servings kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise

- ☐ 0.5 cup celery leaves crushed
- ☐ 1 pound shrimp shelled deveined
- ☐ 0.3 cup butter unsalted melted ()

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ serrated knife

Directions

- ☐ Bring a large saucepan of water to a boil. Reduce heat to medium-low; season lightly with salt. When water is at a gentle simmer, add shrimp. Poach until just opaque in the center, 2–4 minutes.
- ☐ Drain; transfer shrimp to a medium bowl of ice water to cool.
- ☐ Drain; wipe out bowl.
- ☐ Whisk mayonnaise, celery, chives, oil, lemon juice, and horseradish in a medium bowl to blend; season to taste with salt and pepper. Chop shrimp into small pieces (about 1/3"); add to bowl with mayonnaise mixture. Stir to coat. DO AHEAD: Shrimp salad can be made 1 day ahead. Cover and chill.
- ☐ Preheat oven to 375°F. Using a small serrated knife, make a 1/2"-deep cut across the top of each dinner roll and gently pry open roll with your fingers to create a mini New England-style hot dog bun. Lightly brush inside of rolls with butter; place on a rimmed baking sheet. Toast until light golden, about 8 minutes.
- ☐ Let cool slightly.
- ☐ Divide shrimp mixture among rolls, pressing into cut across top; garnish with celery leaves or crushed potato chips.

Nutrition Facts



 PROTEIN **24.11%**  FAT **26.76%**  CARBS **49.13%**

Properties

Glycemic Index:46.67, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:21.550435016985%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 740.46kcal (37.02%), Fat: 23.37g (35.95%), Saturated Fat: 6.27g (39.16%), Carbohydrates: 96.55g (32.18%), Net Carbohydrates: 92.05g (33.47%), Sugar: 20.49g (22.77%), Cholesterol: 145.97mg (48.66%), Sodium: 1088.76mg (47.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.38g (94.76%), Folate: 329.11µg (82.28%), Vitamin B1: 1.22mg (81.05%), Calcium: 662.9mg (66.29%), Vitamin B3: 11.96mg (59.82%), Iron: 7.7mg (42.77%), Vitamin B2: 0.7mg (41.08%), Vitamin K: 24.07µg (22.93%), Fiber: 4.51g (18.02%), Phosphorus: 172.8mg (17.28%), Copper: 0.31mg (15.53%), Vitamin E: 1.27mg (8.44%), Potassium: 274.04mg (7.83%), Magnesium: 30.29mg (7.57%), Vitamin A: 371.36IU (7.43%), Zinc: 1.09mg (7.24%), Manganese: 0.07mg (3.39%), Vitamin C: 2.09mg (2.53%), Vitamin B6: 0.02mg (1.08%), Vitamin D: 0.16µg (1.07%)