



Momma's Shrimp and Tada Salad

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



6

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 stalk celery
- 5 to 6 eggs
- 0.5 teaspoon garlic powder
- 0.5 medium bell pepper green
- 1 teaspoon ground thyme fresh
- 6 servings hot sauce (optional-if you like it hot!)
- 6 servings lettuce fresh for serving
- 0.3 cup mayonnaise to taste

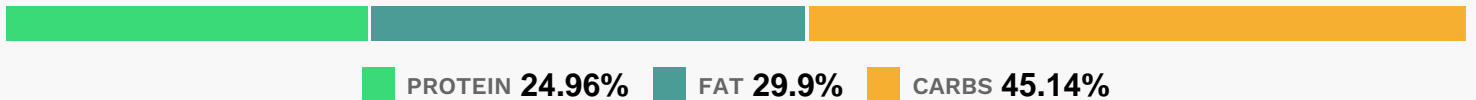
- 6 servings sprinkle paprika
- 5 medium to 6 potatoes diced peeled
- 0.5 medium bell pepper red
- 2 cups shrimp deveined peeled
- 0.5 cup relish sweet
- 1 teaspoons mustard yellow prepared

Equipment

Directions

- Add the shrimp to boiling, salted water and cook 2 to 3 minutes (cook too long and they'll get chewy, then mushy). Boil the diced potatoes separately or in the shrimp water until tender but still firm, 10 to 15 minutes.
- Meanwhile, boil the eggs until hard, about 10 to 15 minutes. Allow all to cool while you dice the peppers and celery.
- Dice the eggs and combine all of the remaining ingredients, adding the mayonnaise last, so you can control the texture of the salad. Chill and serve over a bed of lettuce or other fresh greens.

Nutrition Facts



Properties

Glycemic Index:51.46, Glycemic Load:24.37, Inflammation Score:-10, Nutrition Score:28.880869595901%

Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 406.44kcal (20.32%), Fat: 13.9g (21.39%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 39.87g (14.5%), Sugar: 13.18g (14.65%), Cholesterol: 268.6mg (89.53%), Sodium: 431.12mg

(18.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.22%), Vitamin C: 154.06mg (186.74%), Vitamin A: 3621.89IU (72.44%), Vitamin K: 72.02µg (68.59%), Vitamin B6: 0.91mg (45.3%), Phosphorus: 393.63mg (39.36%), Potassium: 1357.7mg (38.79%), Copper: 0.6mg (29.75%), Fiber: 7.37g (29.46%), Folate: 115.13µg (28.78%), Manganese: 0.56mg (27.78%), Magnesium: 93.02mg (23.26%), Iron: 3.65mg (20.27%), Vitamin B2: 0.34mg (19.75%), Selenium: 12.63µg (18.04%), Vitamin B1: 0.25mg (16.71%), Vitamin E: 2.5mg (16.63%), Zinc: 2.48mg (16.54%), Vitamin B5: 1.49mg (14.9%), Vitamin B3: 2.97mg (14.83%), Calcium: 123.38mg (12.34%), Vitamin B12: 0.34µg (5.69%), Vitamin D: 0.76µg (5.05%)