



New England-Style Shrimp Rolls with Lemon-Herb Mayonnaise

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup salad dressing
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 tablespoon basil fresh finely chopped
- ☐ 0.8 lb shrimp cooked cut into 1/2-inch pieces
- ☐ 0.5 cup celery finely chopped
- ☐ 0.3 cup onion sweet finely chopped

- ☐ 0.5 teaspoon seafood seasoning
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 tablespoons butter softened
- ☐ 4 bratwurst

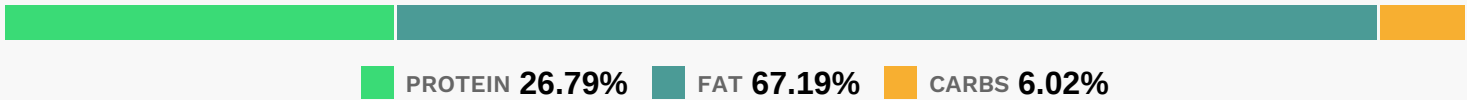
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In medium bowl, stir together mayonnaise, lemon juice, parsley and basil with whisk.
- ☐ Add shrimp, celery, onion, seafood seasoning, salt and pepper; gently toss until coated. Cover; refrigerate about 30 minutes or until chilled.
- ☐ Heat large heavy skillet over medium-low heat. Lightly butter both sides of each bun.
- ☐ Place in skillet; heat 2 minutes or until buns are golden brown. Turn buns over; toast other side.
- ☐ Divide shrimp salad evenly among toasted buns; serve immediately.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:13.134782506072%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.51mg, Apigenin: 2.51mg, Apigenin: 2.51mg, Apigenin: 2.51mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg,

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 396.61kcal (19.83%), Fat: 29.59g (45.52%), Saturated Fat: 10.88g (68%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 5.56g (2.02%), Sugar: 2.9g (3.23%), Cholesterol: 200.82mg (66.94%), Sodium: 1055.99mg (45.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.54g (53.08%), Selenium: 26.79µg (38.28%), Vitamin K: 38.12µg (36.31%), Phosphorus: 331.42mg (33.14%), Zinc: 3.36mg (22.4%), Copper: 0.42mg (21.14%), Vitamin B1: 0.32mg (21.11%), Vitamin B3: 3.28mg (16.4%), Potassium: 531.34mg (15.18%), Vitamin B6: 0.26mg (12.9%), Vitamin B2: 0.22mg (12.75%), Magnesium: 48.86mg (12.21%), Calcium: 89.81mg (8.98%), Vitamin B12: 0.49µg (8.23%), Vitamin A: 360.83IU (7.22%), Iron: 1.08mg (5.99%), Vitamin E: 0.82mg (5.47%), Manganese: 0.11mg (5.26%), Vitamin B5: 0.5mg (5%), Vitamin D: 0.73µg (4.84%), Vitamin C: 3.85mg (4.67%), Folate: 12.01µg (3%), Fiber: 0.4g (1.62%)