



Old Bay Shrimp Salad

 Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup celery finely chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 cup old bay seasoning
- ☐ 0.8 teaspoon old bay seasoning
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 teaspoon seasoned pepper
- ☐ 2 pounds shrimp fresh unpeeled

☐ 3 quarts water

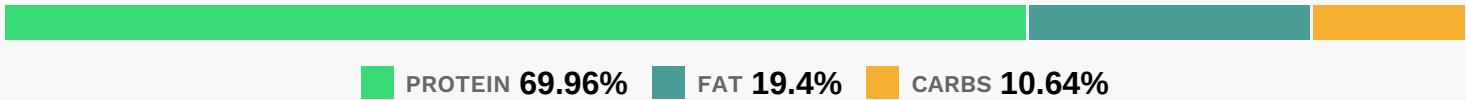
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Bring 3 quarts water and 1/4 cup Old Bay seasoning to a boil in a Dutch oven; add shrimp and cook, stirring occasionally, 2 minutes or until shrimp turn pink.
- ☐ Drain.
- ☐ Pour shrimp into a 13- x 9-inch pan to cool. Peel shrimp, and devein, if desired; chop shrimp.
- ☐ Stir together celery and next 5 ingredients; stir in shrimp. Cover and chill 2 hours.
- ☐ Serve on lettuce leaves with assorted crackers, if desired.
- ☐ Shrimp
- ☐ Place 1 lettuce leaf on top of each 8 (8-inch) flour tortillas. Top each evenly with 1/2 cup Old Bay Shrimp Salad and 3 or 4 avocado slices.
- ☐ Roll up tortillas, and secure with thick, round wooden picks.
- ☐ Cut in half. Makes 8 servings.
- ☐ Cut 12 mini pita pockets in half. Stuff pockets with Old Bay Shrimp Salad. Makes 8 servings.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:6.8147825767165%

Flavonoids

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, Naringenin: 0.05mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 130.43kcal (6.52%), Fat: 2.86g (4.4%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 3.02g (1.1%), Sugar: 0.87g (0.96%), Cholesterol: 184.06mg (61.35%), Sodium: 235.88mg (10.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.19g (46.38%), Copper: 0.53mg (26.41%), Phosphorus: 251.98mg (25.2%), Vitamin K: 26.12µg (24.88%), Magnesium: 50.44mg (12.61%), Manganese: 0.22mg (11.22%), Calcium: 112mg (11.2%), Zinc: 1.66mg (11.06%), Potassium: 349.35mg (9.98%), Iron: 1.48mg (8.2%), Vitamin C: 2.43mg (2.94%), Vitamin B6: 0.05mg (2.31%), Fiber: 0.51g (2.04%), Folate: 7.95µg (1.99%), Vitamin A: 98.09IU (1.96%), Vitamin E: 0.26mg (1.74%)