



Old Bay® Shrimp Salad



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup celery chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 2 teaspoons penzey's southwest seasoning old bay®
- ☐ 1 pound shrimp cooked
- ☐ 0.3 teaspoon worcestershire sauce

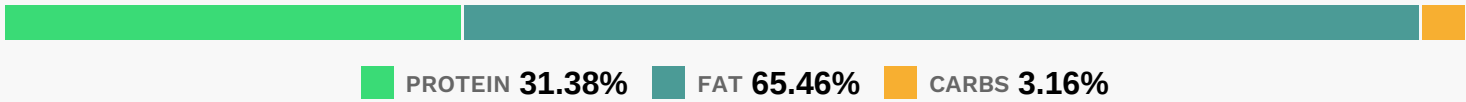
Equipment

- ☐ bowl

Directions

- ☐ Peel and devein shrimp; cut in half and place in bowl. Set aside.
- ☐ Combine dressing ingredients and mix well.
- ☐ Pour dressing over shrimp and toss gently. Cover and refrigerate at least 1 hour.
- ☐ Toss salad just before serving and serve on bed of lettuce or sandwich roll.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:8.6834782051004%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 295.34kcal (14.77%), Fat: 21.65g (33.3%), Saturated Fat: 3.43g (21.46%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.47g (0.53%), Cholesterol: 194.33mg (64.78%), Sodium: 324.99mg (14.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.35g (46.7%), Vitamin K: 63.43µg (60.41%), Phosphorus: 254.64mg (25.46%), Copper: 0.47mg (23.42%), Magnesium: 47.75mg (11.94%), Calcium: 118.09mg (11.81%), Zinc: 1.64mg (10.94%), Potassium: 363.48mg (10.39%), Vitamin E: 1.4mg (9.3%), Iron: 1.59mg (8.86%), Manganese: 0.17mg (8.57%), Fiber: 1.19g (4.76%), Folate: 10.8µg (2.7%), Vitamin A: 98.36IU (1.97%), Vitamin B6: 0.04mg (1.77%), Vitamin C: 1.33mg (1.62%), Vitamin B2: 0.02mg (1.41%), Selenium: 0.79µg (1.13%)