



Open-Faced Shrimp-Cornbread Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 head bibb lettuce
- ☐ 2 tablespoons butter melted
- ☐ 2 rib celery finely chopped
- ☐ 12 inch cornbread wedges split
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 0.8 cup mayonnaise

- ☐ 1 teaspoon pepper
- ☐ 3 plum tomatoes sliced
- ☐ 0.5 small onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds shrimp fresh
- ☐ 6 cups water

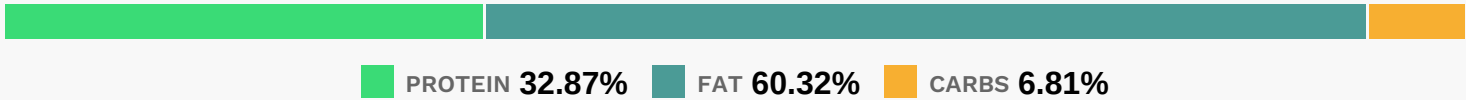
Equipment

- ☐ bowl
- ☐ baking sheet

Directions

- ☐ Bring 6 cups water to a boil, and add shrimp; cook 3 to 5 minutes or just until shrimp turn pink.
- ☐ Drain and rinse in cold water.
- ☐ Peel shrimp; devein, if desired. Chop.
- ☐ Stir together mayonnaise and next 7 ingredients in a large bowl; add shrimp. Cover and chill until ready to serve.
- ☐ Brush cornbread evenly with melted butter; place on a baking sheet.
- ☐ Broil 5 inches from heat 3 minutes or until toasted.
- ☐ Layer each cornbread slice with lettuce and tomato, and top with shrimp mixture.
- ☐ *Medium-size frozen cooked shrimp, thawed, may be substituted.
- ☐ **Light mayonnaise may be substituted for regular mayonnaise.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:0.99, Inflammation Score:-8, Nutrition Score:13.753043597159%

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: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 387.19kcal (19.36%), Fat: 26.2g (40.31%), Saturated Fat: 4.45g (27.79%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 5.51g (2%), Sugar: 2.52g (2.8%), Cholesterol: 258.08mg (86.03%), Sodium: 642.17mg (27.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.24%), Vitamin K: 78.88µg (75.12%), Phosphorus: 374.48mg (37.45%), Copper: 0.68mg (33.94%), Vitamin A: 1447.73IU (28.95%), Potassium: 611.09mg (17.46%), Magnesium: 69.66mg (17.41%), Zinc: 2.31mg (15.37%), Manganese: 0.3mg (14.96%), Calcium: 145.17mg (14.52%), Iron: 1.81mg (10.05%), Vitamin C: 8.09mg (9.8%), Folate: 35.39µg (8.85%), Vitamin E: 1.32mg (8.78%), Vitamin B6: 0.1mg (4.85%), Fiber: 1.15g (4.61%), Vitamin B2: 0.06mg (3.48%), Vitamin B1: 0.05mg (3.26%), Vitamin B3: 0.51mg (2.56%), Selenium: 1.38µg (1.97%), Vitamin B5: 0.17mg (1.73%)