



Open-Faced Tarragon-Shrimp Salad Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cajun spice
- 1 cup celery thinly sliced (3 large ribs)
- 1 teaspoon tarragon dried
- 0.5 cup green onions finely chopped (2)
- 2 cups preshredded iceberg lettuce
- 2 tablespoons juice of lemon fresh (1 lemon)
- 0.3 cup mayonnaise light

- 1 pound shrimp deveined cooked peeled
- 4 ounce sourdough bread toasted

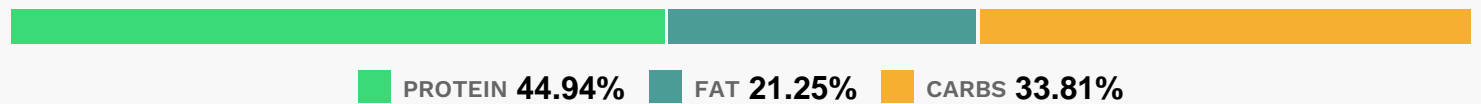
Equipment

- bowl
- whisk

Directions

- Combine first 4 ingredients in a medium bowl, stirring with a whisk.
- Add shrimp, celery, and green onions.
- Top each bread slice with 1/2 cup lettuce. Top lettuce with about 1 cup shrimp mixture.

Nutrition Facts



Properties

Glycemic Index:65.38, Glycemic Load:12.01, Inflammation Score:-6, Nutrition Score:12.951304363168%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 235.04kcal (11.75%), Fat: 5.64g (8.68%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 18.19g (6.62%), Sugar: 3.55g (3.95%), Cholesterol: 185.56mg (61.85%), Sodium: 486.51mg (21.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.86g (53.72%), Vitamin K: 52.57µg (50.07%), Phosphorus: 296.86mg (29.69%), Copper: 0.53mg (26.32%), Folate: 66.26µg (16.57%), Manganese: 0.33mg (16.35%), Vitamin B1: 0.23mg (15.63%), Magnesium: 60.01mg (15%), Potassium: 523.46mg (14.96%), Vitamin A: 699.5IU (13.99%), Zinc: 2.01mg (13.39%), Iron: 2.38mg (13.23%), Selenium: 8.87µg (12.67%), Calcium: 121.31mg (12.13%), Vitamin B2: 0.17mg (9.91%), Vitamin C: 7.3mg (8.85%), Vitamin B3: 1.66mg (8.3%), Fiber: 2.02g (8.07%), Vitamin E: 0.83mg (5.51%), Vitamin B6: 0.1mg (4.92%), Vitamin B5: 0.23mg (2.32%)