



Panache of Shrimp and Snow Peas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



101 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound belgian endive separated
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chives fresh minced
- ☐ 1 optional: lemon
- ☐ 10 parsley sprigs
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons shallots minced
- ☐ 0.5 pound shrimp

- ☐ 2.5 cups snow peas trimmed
- ☐ 4 servings tarragon dressing
- ☐ 2 cups water

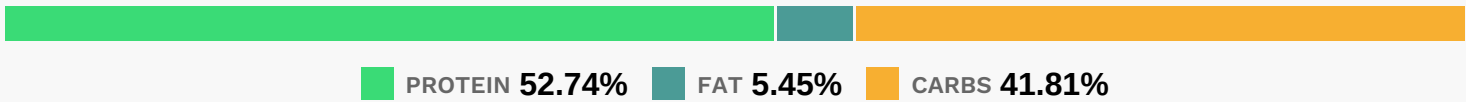
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine the first 6 ingredients in a medium saucepan, and bring to a boil. Cook 5 minutes.
- ☐ Add shrimp, and cook for 3 minutes or until shrimp are done.
- ☐ Drain liquid, discarding solids. Peel and devein shrimp.
- ☐ Steam snow peas, covered, 3 minutes or until tender.
- ☐ Combine shrimp, snow peas, chives, and Tarragon Dressing in a large bowl.
- ☐ Serve on endive-lined plates.

Nutrition Facts



Properties

Glycemic Index:58.63, Glycemic Load:1.11, Inflammation Score:-8, Nutrition Score:14.392173761907%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 101.4kcal (5.07%), Fat: 0.66g (1.02%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 6.9g (2.51%), Sugar: 3.77g (4.18%), Cholesterol: 91.29mg (30.43%), Sodium: 225.84mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.94%), Vitamin C: 57.94mg (70.24%), Vitamin K: 59.77µg (56.93%), Vitamin A: 1007.05IU (20.14%), Phosphorus: 183.01mg (18.3%), Fiber: 4.57g (18.29%), Manganese: 0.36mg (18.02%), Copper: 0.35mg (17.46%), Folate: 60.36µg (15.09%), Potassium: 504.31mg (14.41%), Iron: 2.47mg (13.73%), Magnesium: 50.7mg (12.68%), Calcium: 103.61mg (10.36%), Vitamin B6: 0.2mg (9.9%), Vitamin B1: 0.15mg (9.89%), Zinc: 1.15mg (7.67%), Vitamin B5: 0.63mg (6.31%), Vitamin B2: 0.09mg (5.24%), Vitamin B3: 0.63mg (3.17%), Vitamin E: 0.31mg (2.04%), Selenium: 0.81µg (1.15%)