



## Popcorn Shrimp Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 tablespoon cajun spice
- 2 tablespoons cornichons chopped
- 1 large eggs
- 1 cup flour instant (such as Wondra)
- 1 bell pepper green cut into strips
- 0.5 teaspoon hot sauce
- 4 servings kosher salt
- 4 servings kosher salt and pepper freshly ground

- 0.3 cup mayonnaise
- 4 servings pepper freshly ground
- 1 small onion red thinly sliced
- 2 baby greens
- 0.5 pound shrimp deveined peeled
- 1 medium tomatoes chopped
- 4 servings vegetable oil for frying
- 2 teaspoons whole-grain mustard

## Equipment

- bowl
- frying pan
- whisk
- kitchen thermometer
- slotted spoon

## Directions

- Whisk the mayonnaise, cornichons and their liquid, mustard, hot sauce, and salt and pepper to taste in a bowl.
- Prepare the salad: Halve the shrimp lengthwise.
- Whisk the egg and 2 tablespoons water in a medium bowl. In another bowl, whisk the flour, Cajun seasoning and 2 teaspoons salt.
- Heat about 1 inch of vegetable oil in a deep skillet until a deep-fry thermometer registers 350 degrees. (A piece of shrimp will sizzle on contact.) Dip each shrimp in the egg mixture, then dredge in the flour mixture. Working in batches, fry the shrimp until crisp and golden, turning once, about 2 minutes.
- Remove with a slotted spoon and drain on a paper-towel-lined plate; season with salt.
- Toss the romaine, tomato, onion and bell pepper with the dressing in a large bowl; season with salt and pepper. Divide the salad among plates and scatter the shrimp on top.
- Photograph by Antonis Achilleos

# Nutrition Facts

PROTEIN 21.24% FAT 41.11% CARBS 37.65%

## Properties

Glycemic Index:69.75, Glycemic Load:18.33, Inflammation Score:-10, Nutrition Score:22.942173900812%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

## Nutrients (% of daily need)

Calories: 339.44kcal (16.97%), Fat: 15.7g (24.15%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 28.13g (10.23%), Sugar: 3.87g (4.3%), Cholesterol: 143.67mg (47.89%), Sodium: 701.61mg (30.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.25g (36.5%), Vitamin A: 6243.72IU (124.87%), Vitamin K: 95.85µg (91.28%), Vitamin C: 32.9mg (39.88%), Folate: 154.57µg (38.64%), Manganese: 0.48mg (24.19%), Phosphorus: 230.47mg (23.05%), Selenium: 16.08µg (22.98%), Vitamin B1: 0.34mg (22.94%), Copper: 0.38mg (18.82%), Iron: 3.24mg (17.99%), Vitamin B2: 0.3mg (17.54%), Fiber: 4.21g (16.83%), Potassium: 555.3mg (15.87%), Vitamin B3: 2.58mg (12.91%), Magnesium: 50.19mg (12.55%), Vitamin B6: 0.24mg (12.16%), Vitamin E: 1.72mg (11.46%), Zinc: 1.52mg (10.16%), Calcium: 86.42mg (8.64%), Vitamin B5: 0.58mg (5.8%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.28µg (1.85%)