



Roasted Shrimp with Thousand Island Dressing

 Gluten Free  Dairy Free  Low Fod Map

READY IN



11 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 pinch pepper black freshly ground
- 1 teaspoon capers minced
- 1 teaspoon pickled cucumbers / gherkins minced
- 0.3 cup catsup
- 0.5 teaspoon kosher salt
- 1 pinch kosher salt

- 0.5 tablespoon juice of lemon freshly squeezed
- 1 teaspoon juice of lemon
- 0.8 cup mayonnaise
- 0.5 tablespoon olive oil
- 0.5 pound shrimp deveined peeled
- 1 tablespoon toppings: such as pickles sweet

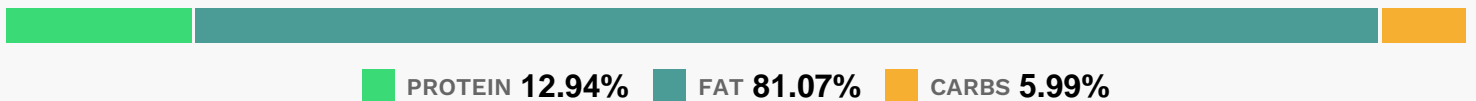
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat the oven to 400 degrees F.
- Place the shrimp on a sheet pan and sprinkle with the salt and pepper.
- Pour the olive oil and juice over the shrimp, and roast in the oven for 5 to 6 minutes.
- For the dressing, place the mayonnaise, ketchup, capers, gherkins, sweet pickles, lemon juice, salt and pepper in a bowl, and stir until blended.
- Serve with the roasted shrimp.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:6.6421738914821%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 369.41kcal (18.47%), Fat: 33.51g (51.55%), Saturated Fat: 5.22g (32.65%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 5.39g (1.96%), Sugar: 4.21g (4.67%), Cholesterol: 108.93mg (36.31%), Sodium: 816.34mg (35.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.07%), Vitamin K: 72.86µg (69.39%), Phosphorus: 135.63mg (13.56%), Copper: 0.25mg (12.54%), Vitamin E: 1.88mg (12.5%), Potassium: 211.37mg (6.04%), Magnesium: 23.35mg (5.84%), Zinc: 0.86mg (5.73%), Calcium: 45.96mg (4.6%), Manganese: 0.08mg (3.78%), Iron: 0.5mg (2.78%), Vitamin A: 137.23IU (2.74%), Vitamin C: 1.88mg (2.28%), Vitamin B2: 0.04mg (2.1%), Selenium: 1.09µg (1.56%), Vitamin B6: 0.03mg (1.52%), Vitamin B3: 0.23mg (1.14%), Folate: 4.29µg (1.07%)