



Shrimp and Cucumber Lettuce Wraps With Fresh Dill

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces shrimp thawed uncooked peeled (, tails on)
- 0.3 cup vegetable stock
- 4 cloves garlic minced
- 2 tablespoons citrus champagne vinegar
- 1 cucumber diced english peeled
- 2 tablespoons optional: dill fresh chopped
- 1 small juice of lemon (2 T)

8 servings salt and pepper to taste

8 pieces boston lettuce

Equipment

bowl

frying pan

Directions

Place chicken broth in a skillet and heat to medium-high heat.

Add garlic. Cook for a minute or so, then add shrimp. Cook until shrimp are pink and opaque, about 3-5 minutes.

Remove shrimp from pan and set aside to cool.

Add vinegar to skillet and let the sauce reduce to about a third.

When shrimp are cool enough to handle, remove all the tails and chop coarsely.

Combine chopped shrimp in a medium bowl with reduced pan juices/garlic, diced cucumber, dill, lemon juice, and a few pinches of salt and pepper. Spoon filling into lettuce leaves, sprinkle with a little cheese, and serve.

Nutrition Facts

 **PROTEIN 56.25%**  **FAT 10.4%**  **CARBS 33.35%**

Properties

Glycemic Index:11.25, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:3.3221739130435%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Taste

Sweetness: 25.38%, Saltiness: 16.14%, Sourness: 100%, Bitterness: 71.01%, Savoriness: 6.93%, Fattiness: 15.58%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 30.07kcal (1.5%), Fat: 0.35g (0.53%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.81g (0.9%), Cholesterol: 35.72mg (11.91%), Sodium: 385.08mg (16.74%), Protein: 4.23g (8.46%), Selenium: 8.73µg (12.47%), Phosphorus: 81.46mg (8.15%), Vitamin K: 7.28µg (6.94%), Vitamin B12: 0.31µg (5.24%), Vitamin B6: 0.08mg (4.1%), Vitamin C: 3.11mg (3.77%), Copper: 0.07mg (3.64%), Manganese: 0.07mg (3.43%), Magnesium: 12.05mg (3.01%), Vitamin A: 147.24IU (2.94%), Potassium: 101.66mg (2.9%), Vitamin B3: 0.56mg (2.8%), Vitamin E: 0.39mg (2.63%), Calcium: 25.15mg (2.52%), Zinc: 0.37mg (2.49%), Folate: 9.69µg (2.42%), Vitamin B5: 0.2mg (2.01%), Vitamin B1: 0.02mg (1.35%), Iron: 0.23mg (1.28%), Vitamin B2: 0.02mg (1.16%)