



Shrimp and Cucumber Salad with Horseradish Mayo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 8 servings pepper black freshly ground
- ☐ 10 peppercorns whole black
- ☐ 0.5 bunch optional: dill
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 0.3 cup horseradish prepared ()
- ☐ 3 tablespoons kosher salt plus more

- ☐ 1 optional: lemon halved
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup persian cucumber english unpeeled cut into 1/4" pieces
- ☐ 1 shallots halved
- ☐ 1 pound shrimp wild frozen shelled thawed cut into 1/2" pieces (preferably American)
- ☐ 2 teaspoons citrus champagne vinegar

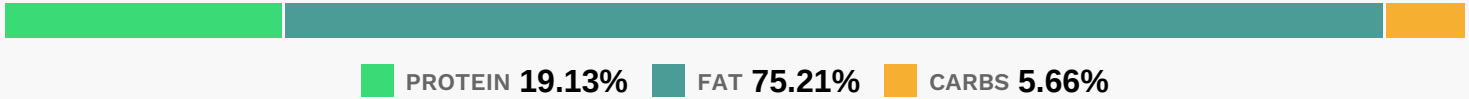
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ sieve

Directions

- ☐ Whisk mayonnaise, 1/4 cup horseradish, and vinegar in a small bowl to blend. Season horseradish mayonnaise to taste with salt, pepper, and more horseradish, if desired. Fold in tarragon.
- ☐ line a baking sheet with paper towels.
- ☐ Combine dill, next 3 ingredients, and 3 tablespoons salt in a large wide pot. Squeeze juice from lemon halves into pot; add lemon halves.
- ☐ Add 3 quarts water and bring to a boil. reduce heat to medium; simmer poaching liquid for 10 minutes.
- ☐ Working in batches, place shrimp in a sieve and poach, shaking sieve occasionally, until shrimp just begin to curl and turn opaque, 15–20 seconds.
- ☐ Transfer to prepared sheet; let cool.
- ☐ Combine cucumber, shrimp, and 1/4 cup horseradish mayonnaise in a medium bowl; fold to coat. Season to taste with salt, pepper, and more horseradish, if desired. DO AHEAD: Can be made 8 hours ahead. Cover and chill shrimp and remaining mayonnaise separately.

Nutrition Facts



Properties

Glycemic Index:36.19, Glycemic Load:0.93, Inflammation Score:-2, Nutrition Score:6.3469565640325%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 252.78kcal (12.64%), Fat: 21.41g (32.94%), Saturated Fat: 3.37g (21.05%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 2.74g (1%), Sugar: 1.45g (1.61%), Cholesterol: 103.05mg (34.35%), Sodium: 2894.44mg (125.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.5%), Vitamin K: 47.2µg (44.95%), Phosphorus: 138.39mg (13.84%), Copper: 0.25mg (12.65%), Vitamin C: 9.96mg (12.07%), Manganese: 0.16mg (7.8%), Magnesium: 28.32mg (7.08%), Potassium: 243.33mg (6.95%), Vitamin E: 0.94mg (6.3%), Zinc: 0.94mg (6.28%), Calcium: 61.33mg (6.13%), Iron: 0.86mg (4.8%), Fiber: 0.88g (3.54%), Folate: 11.23µg (2.81%), Vitamin B6: 0.05mg (2.7%), Vitamin B2: 0.02mg (1.47%), Selenium: 1.02µg (1.46%), Vitamin A: 71.85IU (1.44%), Vitamin B5: 0.11mg (1.1%)