



Shrimp and Hearts of Palm Rémoulade



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



10

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 10 servings boston lettuce leaves
- ☐ 1 celery stalks coarsely chopped
- ☐ 2 celery stalks thinly sliced coarsely chopped
- ☐ 0.5 cup flat parsley loosely packed
- ☐ 1 garlic clove peeled
- ☐ 14 ounce hearts of palm drained sliced canned
- ☐ 1 tablespoon horseradish prepared

- ☐ 1 tablespoon kosher salt plus more
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 10 servings lemon wedges
- ☐ 1 cup mayonnaise
- ☐ 1 onion quartered
- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon peppercorns whole black freshly ground
- ☐ 1 small shallots coarsely chopped
- ☐ 2 pounds shrimp uncooked unpeeled
- ☐ 4 sprigs thyme leaves
- ☐ 2 tablespoons coarse mustard whole
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 1 teaspoon mustard seeds yellow

Equipment

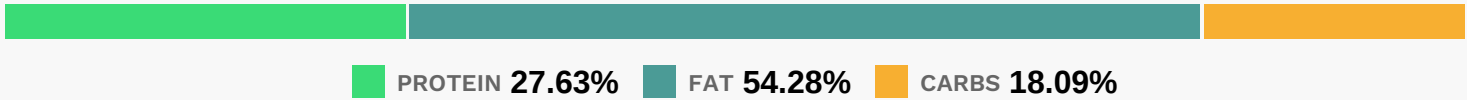
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ pot

Directions

- ☐ Pulse the first four ingredients in a food processor until finely chopped.
- ☐ Add mayonnaise, mustard, horseradish, lemon juice, paprika, and Worcestershire sauce; process until smooth. DO AHEAD: Can be made 3 days ahead. Cover and chill.
- ☐ Combine the first 5 ingredients, peppercorns, chopped celery stalk, and 4 quarts (16 cups) water in a large heavy pot. Bring to a boil.
- ☐ Add shrimp and simmer for 3 minutes.
- ☐ Remove pot from heat and steep shrimp until just cooked through, about 5 minutes.

- ☐
- Transfer shrimp to a rimmed baking sheet; let cool. Peel and devein shrimp. DO AHEAD: Canbe made 1 day ahead. Cover; chill.
- ☐
- Toss shrimp and rmoulade in a large bowl to coat. Cover and chill at least 2 hours.
- ☐
- Fold hearts of palm and sliced celery into shrimp. Season with salt and pepper.
- ☐
- Serve on lettuce leaves with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:13.127826027248%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 289.88kcal (14.49%), Fat: 17.6g (27.08%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 11.75g (4.27%), Sugar: 7.94g (8.83%), Cholesterol: 155.46mg (51.82%), Sodium: 1000.35mg (43.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.32%), Vitamin K: 88.04µg (83.85%), Copper: 0.64mg (32.13%), Potassium: 1035.04mg (29.57%), Phosphorus: 270.02mg (27%), Zinc: 2.87mg (19.12%), Vitamin B6: 0.36mg (18.21%), Vitamin C: 10.55mg (12.79%), Magnesium: 44.18mg (11.05%), Iron: 1.7mg (9.45%), Calcium: 84.56mg (8.46%), Vitamin A: 407.83IU (8.16%), Manganese: 0.16mg (7.8%), Vitamin E: 1.03mg (6.85%), Fiber: 1.45g (5.81%), Folate: 21.64µg (5.41%), Vitamin B2: 0.09mg (5.39%), Selenium: 2.66µg (3.8%), Vitamin B1: 0.04mg (2.85%), Vitamin B3: 0.49mg (2.44%), Vitamin B5: 0.1mg (1.05%)