



Shrimp and Watercress Salad with Hot Mustard Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 18 oz belgian endive rinsed
- ☐ 1.5 tablespoons mustard dry
- ☐ 12 servings salt and fresh-ground pepper
- ☐ 0.5 cup juice of lemon
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 6 tablespoons salad oil extra-virgin
- ☐ 0.8 pound tiny shrimp shelled rinsed cooked drained

- ☐ 6 oz watercress sprigs rinsed
- ☐ 2 teaspoons worcestershire

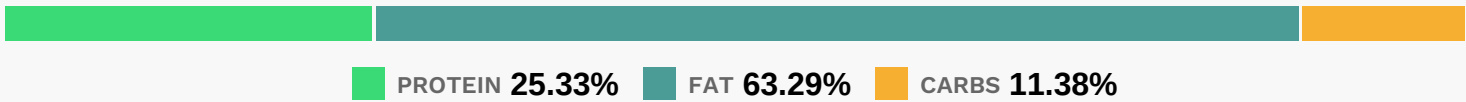
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix mustard with 1 1/2 tablespoons water.
- ☐ Add lemon juice, Worcestershire, oil, and cheese.
- ☐ Trim discolored stem ends from endive. Break off 30 to 36 outer leaves and arrange 3 leaves on each salad plate.
- ☐ Cut remaining endive into fine slivers.
- ☐ Add slivered endive, watercress, and shrimp to dressing in bowl.
- ☐ Mix well.
- ☐ Mound salad equally on endive leaves and season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:6.4695651466432%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 3.26mg, Kaempferol: 3.26mg, Kaempferol: 3.26mg, Kaempferol: 3.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 113.91kcal (5.7%), Fat: 8.32g (12.8%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.45g (0.5%), Cholesterol: 48.06mg (16.02%), Sodium: 296.01mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.99%), Vitamin K: 40.53µg (38.6%), Vitamin C: 11.41mg (13.83%), Phosphorus: 106.5mg (10.65%), Vitamin A: 490.35IU (9.81%), Vitamin E: 1.44mg (9.61%), Copper: 0.15mg

(7.7%), Calcium: 71.92mg (7.19%), Potassium: 241.43mg (6.9%), Fiber: 1.53g (6.11%), Manganese: 0.11mg (5.6%), Magnesium: 22.11mg (5.53%), Folate: 20.71µg (5.18%), Selenium: 3.02µg (4.32%), Zinc: 0.64mg (4.3%), Vitamin B1: 0.05mg (3.34%), Vitamin B2: 0.04mg (2.54%), Iron: 0.43mg (2.41%), Vitamin B6: 0.05mg (2.33%), Vitamin B5: 0.14mg (1.35%)