



Shrimp Burger

READY IN



43 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 slices bread whole-wheat
- ☐ 3 teaspoons canola oil divided
- ☐ 1 egg white
- ☐ 6 hamburger buns toasted
- ☐ 1 teaspoon horseradish prepared
- ☐ 1 tablespoon juice of lemon
- ☐ 1.5 teaspoons lemon zest
- ☐ 0.3 cup mayonnaise light

- ☐ 0.8 tablespoon old bay seasoning
- ☐ 1 tablespoon onion grated
- ☐ 0.3 cup parsley chopped
- ☐ 1 teaspoon parsley chopped
- ☐ 2 pounds shrimp raw divided deveined peeled
- ☐ 6 romaine lettuce leaves
- ☐ 0.3 cup cream light sour
- ☐ 1.5 inch tomatoes

Equipment

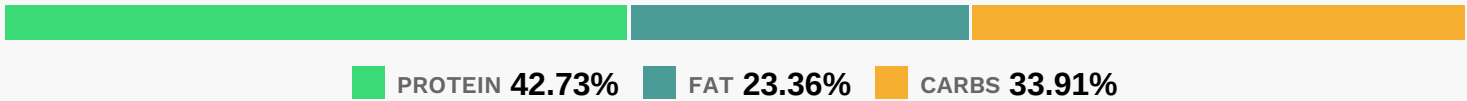
- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare burgers, pulse bread in a food processor to coarse crumbs, about 4 pulses.
- ☐ Transfer to a bowl.
- ☐ Place 1 1/2 pounds shrimp into food processor; add egg white, onion, Old Bay, and pepper, and pulse until there is a mix of finely minced pieces and coarsely chopped pieces, about 7 pulses.
- ☐ Add mixture to breadcrumbs.
- ☐ Chop remaining 1/2 pound shrimp into 1/2-inch pieces; add to breadcrumb-shrimp mixture.
- ☐ Add 1/4 cup chopped parsley, and mix until combined. Shape mixture into 6 (1/3-cup) balls. To prepare sauce, combine mayonnaise, sour cream, lemon zest, lemon juice, capers, if desired, horseradish, and 1 teaspoon parsley. Reserve.
- ☐ Heat 1 1/2 teaspoons oil in a medium nonstick skillet over medium-high heat until oil begins to shimmer, about 1 minute.
- ☐ Place 3 shrimp balls in pan, flattening to 1/2-inch thickness. Reduce heat to medium; cook until edges turn pink, and burger looks golden, about 3 to 4 minutes. Turn over and cook 3 minutes or until done. Repeat with remaining oil and shrimp balls.

Spread about 2 tablespoons sauce on each bun bottom. Top each with shrimp burger, lettuce leaf, and tomato slice. Cover with bun tops.

Nutrition Facts



Properties

Glycemic Index:52.78, Glycemic Load:15.36, Inflammation Score:0, Nutrition Score:19.357825953027%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 344.91kcal (17.25%), Fat: 8.98g (13.81%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 27.29g (9.92%), Sugar: 4.97g (5.52%), Cholesterol: 250.58mg (83.53%), Sodium: 532.4mg (23.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.93g (73.86%), Vitamin K: 83.31µg (79.34%), Vitamin A: 2737.01IU (54.74%), Phosphorus: 400.47mg (40.05%), Copper: 0.68mg (34.07%), Manganese: 0.5mg (24.89%), Folate: 93.56µg (23.39%), Selenium: 16.17µg (23.11%), Calcium: 200.74mg (20.07%), Vitamin B1: 0.3mg (20.03%), Magnesium: 75.46mg (18.86%), Iron: 3.25mg (18.04%), Zinc: 2.6mg (17.32%), Potassium: 584.8mg (16.71%), Vitamin B2: 0.21mg (12.54%), Vitamin B3: 2.48mg (12.42%), Vitamin C: 7.22mg (8.75%), Fiber: 2.02g (8.08%), Vitamin E: 0.8mg (5.31%), Vitamin B6: 0.08mg (3.84%), Vitamin B12: 0.11µg (1.84%), Vitamin B5: 0.18mg (1.83%)