



Shrimp Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons celery chopped
- ☐ 1 cup cornbread crumbs soft
- ☐ 1 large eggs beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons green onions chopped
- ☐ 6 servings hamburger buns
- ☐ 0.1 teaspoon hot sauce
- ☐ 1.5 teaspoons lemon rind grated

- ☐ 1 leaves toppings: lettuce tomato
- ☐ 3 tablespoons mayonnaise
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp fresh cooked unpeeled
- ☐ 2 tablespoons vegetable oil

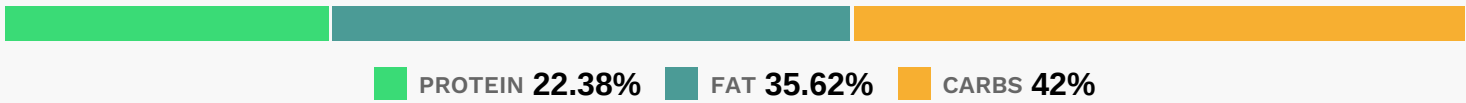
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ wax paper

Directions

- ☐ Peel shrimp, and devein, if desired; finely chop.
- ☐ Combine shrimp and next 4 ingredients in a large bowl.
- ☐ Add cornbread crumbs and next 5 ingredients, and stir until well blended.
- ☐ Shape mixture into 6 patties.
- ☐ Place patties on a wax paper-filled baking sheet; cover and chill at least 2 hours.
- ☐ Heat oil in large nonstick skillet over medium-high heat. Cook shrimp patties 4 minutes on each side or until golden.
- ☐ Drain on paper towels.
- ☐ Serve on hamburger buns with desired toppings.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:12.96, Inflammation Score:-4, Nutrition Score:13.902173881945%

Flavonoids

Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 416kcal (20.8%), Fat: 16.43g (25.28%), Saturated Fat: 3.69g (23.03%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 41.69g (15.16%), Sugar: 9.65g (10.72%), Cholesterol: 178.13mg (59.38%), Sodium: 698.27mg (30.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.23g (46.46%), Vitamin K: 50.56µg (48.15%), Phosphorus: 380.01mg (38%), Selenium: 17.88µg (25.54%), Vitamin B1: 0.32mg (21.06%), Copper: 0.38mg (19.24%), Manganese: 0.37mg (18.42%), Folate: 71.22µg (17.81%), Calcium: 174.58mg (17.46%), Iron: 2.89mg (16.05%), Vitamin B2: 0.24mg (14.23%), Vitamin B3: 2.64mg (13.18%), Zinc: 1.74mg (11.59%), Magnesium: 45.8mg (11.45%), Potassium: 342.58mg (9.79%), Fiber: 1.91g (7.63%), Vitamin E: 1.04mg (6.93%), Vitamin A: 267.66IU (5.35%), Vitamin C: 3.6mg (4.37%), Vitamin B12: 0.26µg (4.32%), Vitamin B6: 0.08mg (4.1%), Vitamin B5: 0.39mg (3.88%), Vitamin D: 0.18µg (1.2%)