



Shrimp Burgers With Sweet 'n' Spicy Tartar Sauce

 Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bibb lettuce leaves
- ☐ 3 tablespoons celery finely chopped
- ☐ 1.3 cups cornbread crackers crushed (1 sleeve or 24 crackers)
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 tablespoons green onion chopped
- ☐ 0.1 teaspoon ground pepper red

- ☐ 1 halves garnish: grilled lemon
- ☐ 2 teaspoons juice of lemon
- ☐ 1 tablespoon mayonnaise
- ☐ 1.3 pounds shrimp raw unpeeled ()
- ☐ 0.5 teaspoon salt
- ☐ 4 kaiser rolls split with poppy seeds,
- ☐ 4 servings n' spicy tartar sauce sweet

Equipment

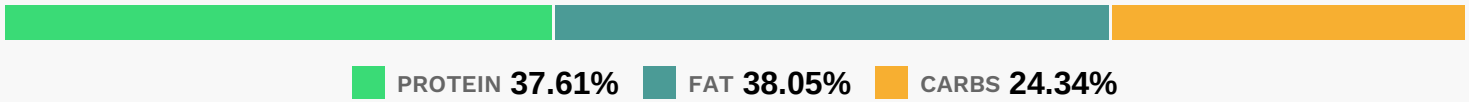
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Peel shrimp; devein, if desired.
- ☐ Cut each shrimp into thirds.
- ☐ Line a 15- x 10-inch jelly-roll pan with aluminum foil. Coat with cooking spray.
- ☐ Stir together egg and next 4 ingredients until blended; stir in celery, green onion, and parsley. Fold in shrimp and cracker crumbs (mixture will be very thick). Shape into 4 (4-inch-wide, 1-inch-thick) patties.
- ☐ Place patties on prepared pan. Cover and chill 1 to 24 hours.
- ☐ Transfer to freezer, and freeze 30 minutes.
- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium-high) heat. Grill burgers, covered with grill lid, 4 to 5 minutes or until burgers lift easily from cooking grate using a large spatula. Turn burgers, and grill 4 to 5 minutes or until shrimp turn pink and burgers are cooked through and lightly crisp.
- ☐ Grill buns, cut sides down, 1 to 2 minutes or until lightly toasted.
- ☐ Serve burgers on buns with Sweet 'n' Spicy Tartar Sauce and lettuce.
- ☐ Garnish, if desired.

Note: For testing purposes only, we used Keebler Town House Bistro Corn Bread Crackers.

Nutrition Facts



Properties

Glycemic Index:52.13, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:17.392173984776%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 246.86kcal (12.34%), Fat: 10.25g (15.76%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 13.71g (4.99%), Sugar: 2.04g (2.27%), Cholesterol: 226.64mg (75.55%), Sodium: 1311.9mg (57.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.79g (45.59%), Selenium: 47.02µg (67.18%), Vitamin K: 55.81µg (53.15%), Phosphorus: 439.91mg (43.99%), Vitamin B12: 1.69µg (28.15%), Vitamin A: 990.67IU (19.81%), Vitamin E: 2.9mg (19.31%), Vitamin B3: 3.56mg (17.82%), Folate: 64.5µg (16.12%), Copper: 0.32mg (15.84%), Vitamin B6: 0.29mg (14.31%), Calcium: 139.02mg (13.9%), Manganese: 0.26mg (12.8%), Zinc: 1.8mg (12%), Magnesium: 43.79mg (10.95%), Iron: 1.78mg (9.87%), Vitamin B1: 0.14mg (9.23%), Vitamin B2: 0.15mg (8.65%), Potassium: 277.67mg (7.93%), Vitamin B5: 0.76mg (7.58%), Vitamin C: 3.82mg (4.63%), Fiber: 1.03g (4.14%), Vitamin D: 0.4µg (2.66%)