



Shrimp Cocktail with Rach's Quick Remoulade



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



376 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 rib celery finely chopped
- ☐ 1 tablespoon coriander seeds
- ☐ 0.5 cup dijon mustard
- ☐ 2 bay leaves dried
- ☐ 1 juice of lemon juiced
- ☐ 36 large to shrimp raw deveined peeled for these at the fish counter (ask)
- ☐ 1 optional: lemon
- ☐ 1.5 cups mayonnaise

- ☐ 1 tablespoon mustard seeds
- ☐ 2 teaspoons cayenne pepper sauce
- ☐ 2 scallions thinly sliced

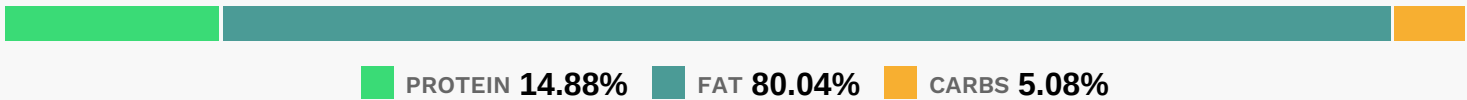
Equipment

- ☐ bowl
- ☐ pot
- ☐ stove

Directions

- ☐ Watch how to make this recipe.
- ☐ Place a deep pot half filled with water on the stove over high heat. Squeeze the juice of 1 lemon into the water and drop the halved lemon into the pot.
- ☐ Add the coriander seeds, mustard seeds and bay leaves to the water. When the water boils, add the shrimp. Boil until the shrimp turn pink and the tails curl towards the heads, 4 to 5 minutes.
- ☐ Drain and cold shock under running water.
- ☐ Combine the mayonnaise, mustard, cayenne sauce, scallions, celery and lemon juice in a small bowl.
- ☐ Arrange the shrimp around the sauce on a serving plate and serve.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:13.568261006604%

Flavonoids

Eriodictyol: 3.07mg, Eriodictyol: 3.07mg, Eriodictyol: 3.07mg, Eriodictyol: 3.07mg Hesperetin: 4.31mg, Hesperetin: 4.31mg, Hesperetin: 4.31mg, Hesperetin: 4.31mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg
Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 375.91kcal (18.8%), Fat: 33.61g (51.71%), Saturated Fat: 5.12g (31.98%), Carbohydrates: 4.8g (1.6%), Net
Carbohydrates: 3.01g (1.1%), Sugar: 1.17g (1.3%), Cholesterol: 131.04mg (43.68%), Sodium: 952.63mg (41.42%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.12%), Vitamin K: 77.11µg (73.44%), Selenium: 36.06µg
(51.52%), Phosphorus: 265.43mg (26.54%), Vitamin E: 2.89mg (19.3%), Vitamin B12: 1.05µg (17.49%), Vitamin C:
10.01mg (12.13%), Copper: 0.21mg (10.5%), Vitamin B6: 0.2mg (9.76%), Magnesium: 38.08mg (9.52%), Vitamin A:
465.93IU (9.32%), Vitamin B3: 1.86mg (9.29%), Manganese: 0.17mg (8.3%), Zinc: 1.19mg (7.93%), Calcium: 78.7mg
(7.87%), Folate: 29.05µg (7.26%), Fiber: 1.79g (7.15%), Potassium: 205.48mg (5.87%), Iron: 0.94mg (5.23%), Vitamin
B1: 0.07mg (4.99%), Vitamin B5: 0.45mg (4.54%), Vitamin B2: 0.05mg (2.96%), Vitamin D: 0.17µg (1.16%)