



Shrimp, Corn, and Red Pepper Salad Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large ear of corn husked
- ☐ 18 inch diameter egg-bread rolls
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons green onion finely chopped
- ☐ 4 teaspoons juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 2 tablespoons mayonnaise

- ☐ 0.5 teaspoon pepper sauce hot
- ☐ 1 cup bell pepper diced red
- ☐ 1.5 cups tiny shrimp cooked peeled (such as bay shrimp; 10 ounces)

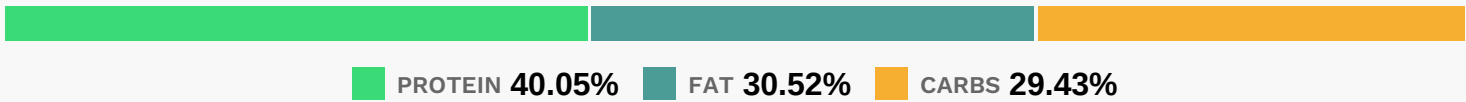
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook corn in pot of boiling salted water 3 minutes.
- ☐ Drain; cool.
- ☐ Cut kernels off cob.
- ☐ Place corn kernels in medium bowl.
- ☐ Add shrimp, bell pepper, cilantro, green onion, lime juice, lime peel, and hot pepper sauce; toss to blend.
- ☐ Mix in mayonnaise. Season salad with salt and pepper. (Can be made 1 day ahead. Chill.)
- ☐ Pull some bread out of each roll half, hollowing out slightly. Divide salad among rolls and serve.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:8.1304348655369%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 132.47kcal (6.62%), Fat: 4.65g (7.16%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 8.84g (3.22%), Sugar: 2.81g (3.12%), Cholesterol: 101.07mg (33.69%), Sodium: 142.81mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.74g (27.48%), Vitamin C: 35.17mg (42.63%), Vitamin A: 872.52IU (17.45%), Phosphorus: 164.67mg (16.47%), Copper: 0.26mg (13.24%), Vitamin K: 13.55µg (12.9%), Magnesium: 34.73mg (8.68%), Potassium: 293.53mg (8.39%), Folate: 31.41µg (7.85%), Zinc: 1.04mg (6.96%), Manganese: 0.13mg (6.46%), Vitamin B1: 0.09mg (5.76%), Vitamin B3: 1.05mg (5.26%), Vitamin B6: 0.1mg (5.15%), Fiber: 1.25g (5.01%), Calcium: 49.66mg (4.97%), Iron: 0.82mg (4.55%), Vitamin B2: 0.07mg (4.18%), Vitamin E: 0.6mg (4.03%), Selenium: 2.59µg (3.7%), Vitamin B5: 0.29mg (2.87%)