



Shrimp Egg Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 sprig optional: dill fresh chopped
- ☐ 4 hard-cooked eggs chopped
- ☐ 4 leaves lettuce green
- ☐ 4 tablespoons mayonnaise
- ☐ 1 pound shrimp deveined cooked peeled chopped

Equipment

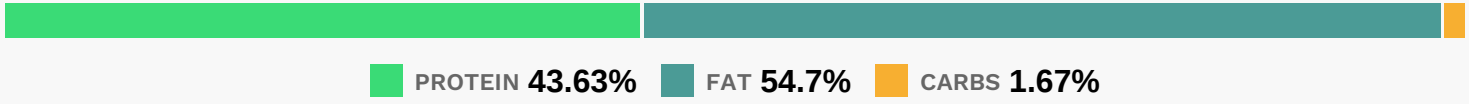
- ☐ bowl

Directions

☐

In a medium bowl, mix together the shrimp, eggs, mayonnaise and mustard. Spoon onto lettuce leaves to serve.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:11.745217410119%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 272.04kcal (13.6%), Fat: 16.42g (25.26%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.77g (0.86%), Cholesterol: 374.95mg (124.98%), Sodium: 303.67mg (13.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.94%), Vitamin K: 41.26µg (39.29%), Phosphorus: 337.18mg (33.72%), Vitamin A: 1345.64IU (26.91%), Selenium: 16.23µg (23.19%), Copper: 0.46mg (22.89%), Vitamin B2: 0.27mg (15.98%), Zinc: 2.1mg (14%), Magnesium: 47.33mg (11.83%), Potassium: 395.36mg (11.3%), Calcium: 104.75mg (10.48%), Vitamin B12: 0.57µg (9.53%), Iron: 1.36mg (7.56%), Vitamin D: 1.13µg (7.52%), Vitamin B5: 0.75mg (7.46%), Folate: 28.33µg (7.08%), Vitamin E: 1.01mg (6.74%), Manganese: 0.09mg (4.66%), Vitamin B6: 0.08mg (3.78%), Vitamin B1: 0.05mg (3.13%), Vitamin C: 1.36mg (1.65%)