



Shrimp in Green Mayonnaise

 **Gluten Free**  **Low Fod Map**

READY IN



80 min.

SERVINGS



10

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tsp capers finely chopped
- 0.3 cup parsley fresh minced
- 0.5 cup miracle whip dressing kraft
- 0.3 tsp oregano leaves dried
- 1 lb shrimp cleaned cooked (31-40 count)

Equipment

- bowl

Directions

- Mix mayo, parsley, capers and oregano in medium bowl.
- Add shrimp; stir gently until well blended. Cover.
- Refrigerate at least 1 hour or until ready to serve.

Nutrition Facts

PROTEIN 72.7% **FAT 10.54%** **CARBS 16.76%**

Properties

Glycemic Index:3.7, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.0026086955129%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 50.02kcal (2.5%), Fat: 0.59g (0.91%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.8g (0.65%), Sugar: 1.33g (1.48%), Cholesterol: 74.18mg (24.73%), Sodium: 166.37mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.4%), Vitamin K: 24.98µg (23.79%), Phosphorus: 98.68mg (9.87%), Copper: 0.18mg (9.07%), Magnesium: 16.88mg (4.22%), Zinc: 0.63mg (4.18%), Potassium: 135.03mg (3.86%), Calcium: 32.74mg (3.27%), Vitamin A: 136.47IU (2.73%), Vitamin C: 2.01mg (2.44%), Iron: 0.37mg (2.04%), Fiber: 0.32g (1.29%)