



Shrimp Louis Boats

READY IN



20 min.

SERVINGS



6

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

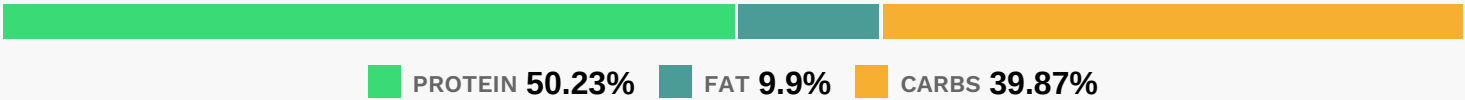
- ☐ 12 bibb lettuce leaves
- ☐ 1 tablespoon chili sauce
- ☐ 2 tablespoons green onions chopped
- ☐ 0.8 teaspoon lemon pepper salt-free
- ☐ 0.5 cup nonfat mayonnaise
- ☐ 1.5 pounds shrimp fresh unpeeled
- ☐ 7.5 ounce submarine rolls split
- ☐ 1.5 quarts water

Equipment

Directions

- ☐
- Hollow out centers of rolls, leaving 1/2-inch-thick shells. Reserve insides of rolls for another use.
- ☐
- Peel and devein shrimp. Bring water to a boil; add shrimp, and cook 3 to 5 minutes or until shrimp turn pink.
- ☐
- Drain well; rinse with cold water. Cover and chill at least 15 minutes.
- ☐
- Combine mayonnaise and next 3 ingredients, stirring well. Stir in shrimp. Line each roll half with 2 lettuce leaves. Spoon shrimp mixture evenly over lettuce.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:11.52, Inflammation Score:-6, Nutrition Score:9.3839130155418%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 206.49kcal (10.32%), Fat: 2.28g (3.51%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 19.28g (7.01%), Sugar: 4.81g (5.34%), Cholesterol: 184.3mg (61.43%), Sodium: 479.83mg (20.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.05g (52.11%), Vitamin K: 40.12µg (38.21%), Iron: 6.37mg (35.41%), Phosphorus: 255.97mg (25.6%), Copper: 0.5mg (24.91%), Vitamin A: 1031.91IU (20.64%), Magnesium: 47.47mg (11.87%), Potassium: 398.3mg (11.38%), Zinc: 1.63mg (10.85%), Calcium: 97.56mg (9.76%), Manganese: 0.13mg (6.52%), Folate: 23.45µg (5.86%), Fiber: 1.4g (5.61%), Vitamin C: 1.89mg (2.29%), Vitamin B6: 0.03mg (1.53%), Vitamin B2: 0.03mg (1.48%), Vitamin B1: 0.02mg (1.38%)