



Shrimp Louis Sliders

READY IN



37 min.

SERVINGS



8

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.5 cup celery finely chopped
- ☐ 8 servings chive biscuits
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 large eggs
- ☐ 2 cups iceberg lettuce shredded
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon lemon zest

- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup onion finely chopped
- ☐ 1.5 cups panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 1 pound shrimp deveined peeled
- ☐ 8 servings louis dressing
- ☐ 0.5 cup vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ aluminum foil

Directions

- ☐ Pulse shrimp in a food processor 4 or 5 times or until chopped. Spoon into a medium bowl.
- ☐ Melt butter in a small skillet over medium heat; add celery and onion, and saut until tender.
- ☐ Add to shrimp in bowl; gently stir in 1 cup panko and next 6 ingredients. Shape mixture into 8 patties (about 1/3 cup each).
- ☐ Place remaining 1/2 cup panko in a shallow dish; dredge both sides of patties in panko.
- ☐ Place patties on an aluminum foil- or parchment-lined baking sheet; cover and chill 1 hour.
- ☐ Fry patties in hot oil, in 2 batches, in a large skillet over medium-high heat 2 to 3 minutes on each side or until golden.
- ☐ Drain on paper towels.
- ☐ Cut Chive Biscuits in half.
- ☐ Place 1/4 cup lettuce on bottom half of each biscuit; top with a dollop of Louis Dressing and 1 shrimp patty. Cover with top halves of biscuits.

Nutrition Facts



 **PROTEIN 26.53%**  **FAT 55.07%**  **CARBS 18.4%**

Properties

Glycemic Index:33.5, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:6.8582609347675%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 212.48kcal (10.62%), Fat: 13.05g (20.07%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 8.8g (3.2%), Sugar: 1.68g (1.86%), Cholesterol: 122.63mg (40.88%), Sodium: 390.19mg (16.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.14g (28.28%), Vitamin K: 30.32µg (28.87%), Phosphorus: 163.48mg (16.35%), Copper: 0.27mg (13.49%), Manganese: 0.18mg (9.21%), Vitamin B1: 0.13mg (8.38%), Selenium: 5.38µg (7.69%), Magnesium: 29.18mg (7.3%), Zinc: 1.08mg (7.2%), Calcium: 70.78mg (7.08%), Potassium: 238.06mg (6.8%), Folate: 25.28µg (6.32%), Iron: 1.11mg (6.17%), Vitamin B2: 0.09mg (5.19%), Vitamin A: 247.36IU (4.95%), Vitamin E: 0.74mg (4.91%), Vitamin B3: 0.82mg (4.08%), Fiber: 1.01g (4.03%), Vitamin C: 1.99mg (2.41%), Vitamin B6: 0.05mg (2.3%), Vitamin B5: 0.22mg (2.22%), Vitamin B12: 0.11µg (1.83%)