



Shrimp or Chicken Lettuce Wraps with Creamy Caesar Dressing

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons anchovy paste with it in. if you think you don't like anchovies, try them in this sauce. they just taste salty and yummy!
- ☐ 1 clove garlic crushed
- ☐ 1 pound shrimp fully cooked
- ☐ 1 lemon zest juiced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 1 teaspoon coarse pepper black

- ☐ 4 tablespoons reduced fat mayonnaise
- ☐ 2 hearts romaine lettuce
- ☐ 1 rotisserie chicken cut
- ☐ 2 teaspoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ blender
- ☐ ziploc bags
- ☐ spatula
- ☐ kitchen scissors

Directions

- ☐ Cut bottoms off the romaine and cut the heads in half lengthwise. Wash lettuce and separate the leaves.
- ☐ Let it dry in the dish draining rack while you prepare the rest of the menu.
- ☐ Remove the tails from the shrimp and place the shrimp in a bowl or, pack for travel, if this is a picnic meal.
- ☐ To remove the chicken meat from the chicken, cut the chicken breasts off first.
- ☐ Cut the legs and thighs off using kitchen scissors to help you. Slice the meat up on an angle. Arrange on a plate or in a plastic container.
- ☐ Place mayonnaise, garlic, lemon, anchovy paste, cheese, Worcestershire and pepper into the blender and turn it on. Stream the extra-virgin olive oil into the dressing through center of the lid. When the oil is combined, remove the thick dressing with a spatula to a bowl or a portable plastic container.
- ☐ Place lettuce on a serving platter or pack in large plastic bag or container to travel.
- ☐ To assemble, spread dressing onto a lettuce leaf. Fill leaf with a large shrimp or sliced cold chicken, like a lettuce taco, and eat!
- ☐ To pack for picnic, take the romaine hearts in plastic food storage bags. Pack the shrimp and cut chicken in separate bags and pack dressing in small plastic container.

Nutrition Facts



 **PROTEIN 49.63%**  **FAT 47.88%**  **CARBS 2.49%**

Properties

Glycemic Index:22.25, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:11.348260889883%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 572.1kcal (28.6%), Fat: 30.51g (46.94%), Saturated Fat: 7.54g (47.14%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 2.97g (1.08%), Sugar: 1.16g (1.29%), Cholesterol: 344.11mg (114.7%), Sodium: 1305.72mg (56.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.17g (142.34%), Phosphorus: 359.8mg (35.98%), Vitamin K: 30.23µg (28.79%), Vitamin A: 1335.95IU (26.72%), Calcium: 253.49mg (25.35%), Copper: 0.5mg (25.01%), Vitamin E: 2.14mg (14.28%), Zinc: 2.12mg (14.16%), Magnesium: 54.61mg (13.65%), Selenium: 8.84µg (12.62%), Potassium: 429.47mg (12.27%), Vitamin B3: 1.71mg (8.55%), Iron: 1.51mg (8.38%), Manganese: 0.15mg (7.35%), Folate: 22.06µg (5.51%), Vitamin B2: 0.09mg (5.1%), Vitamin C: 3.12mg (3.78%), Vitamin B12: 0.22µg (3.67%), Vitamin B6: 0.05mg (2.58%), Fiber: 0.6g (2.38%), Vitamin B1: 0.03mg (1.82%), Vitamin B5: 0.17mg (1.74%), Vitamin D: 0.2µg (1.32%)