



Shrimp Remoulade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 5.3 ounce dijon mustard
- ☐ 0.3 cup dill pickle chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 1 cup green onion chopped
- ☐ 1 Leaf lettuce
- ☐ 2 cups mayonnaise

- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 5 pounds shrimp deveined cooked peeled
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons vinegar

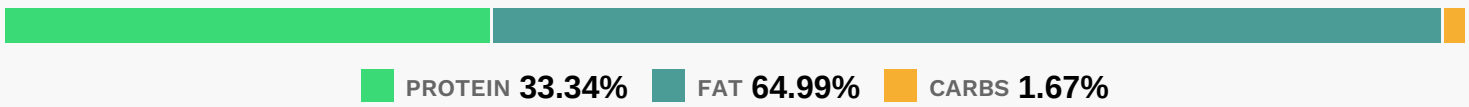
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Place first 9 ingredients in container of an electric blender; cover and process until smooth.
- ☐ Remove cover; continue to process while gradually adding mayonnaise and mustard alternately until mixture is smooth. Continue processing, adding oil in a thin, steady stream. Blend until smooth.
- ☐ Combine sauce and shrimp in a large bowl. Cover and refrigerate at least 12 hours. Spoon shrimp mixture onto lettuce-lined serving plates.

Nutrition Facts



Properties

Glycemic Index:28.08, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:13.559565215007%

Flavonoids

Apigenin: 2.81mg, Apigenin: 2.81mg, Apigenin: 2.81mg, Apigenin: 2.81mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 467.81kcal (23.39%), Fat: 33.92g (52.19%), Saturated Fat: 5.3g (33.1%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1g (0.36%), Sugar: 0.72g (0.8%), Cholesterol: 319.96mg (106.65%), Sodium: 725.06mg (31.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.16g (78.31%), Vitamin K: 109.24µg (104.04%), Phosphorus: 432.2mg (43.22%), Copper: 0.77mg (38.46%), Magnesium: 75.94mg (18.99%), Zinc: 2.73mg (18.23%), Potassium: 575.6mg (16.45%), Calcium: 144.13mg (14.41%), Vitamin E: 1.76mg (11.73%), Iron: 1.52mg (8.46%), Manganese: 0.15mg (7.62%), Selenium: 5.21µg (7.44%), Vitamin A: 331.49IU (6.63%), Vitamin C: 3.57mg (4.33%), Fiber: 0.97g (3.88%), Folate: 12.01µg (3%), Vitamin B1: 0.04mg (2.43%), Vitamin B2: 0.03mg (1.75%), Vitamin B6: 0.03mg (1.45%), Vitamin B5: 0.13mg (1.31%)