



Shrimp Remoulade in Artichoke Bottoms

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 artichoke bottoms dry canned rinsed drained
- ☐ 2 cups baby shrimp cooked peeled
- ☐ 0.3 cup celery diced
- ☐ 0.3 cup parsley fresh minced
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.3 cup mayonnaise reduced-calorie
- ☐ 1 tablespoon mustard coarse-grained
- ☐ 2 tablespoons nonfat cream alternative sour

- ☐ 0.3 cup bell pepper diced sweet red
- ☐ 2 tablespoons tangy steak sauce
- ☐ 0.5 teaspoon tarragon dried whole

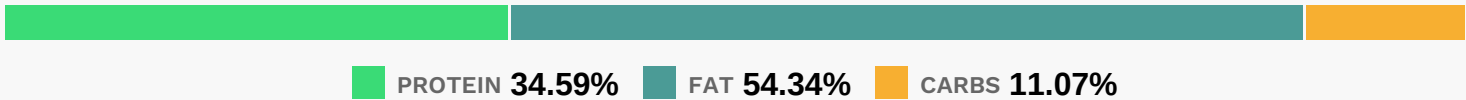
Equipment

- ☐ bowl

Directions

- ☐ Combine first 9 ingredients in a medium bowl; stir well. Stir in shrimp. Cover and chill thoroughly.
- ☐ To serve, spoon shrimp mixture evenly into artichoke bottoms.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:3.8560869246721%

Flavonoids

Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 50.19kcal (2.51%), Fat: 2.99g (4.59%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.37g (0.41%), Cholesterol: 38.87mg (12.96%), Sodium: 237.83mg (10.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Vitamin K: 21.85µg (20.81%), Selenium: 9.27µg (13.24%), Phosphorus: 77.86mg (7.79%), Vitamin B12: 0.34µg (5.62%), Vitamin C: 4.52mg (5.48%), Vitamin A: 254.61IU (5.09%), Vitamin E: 0.6mg (3.98%), Vitamin B6: 0.06mg (3.13%), Copper: 0.06mg (3.1%), Vitamin B3: 0.6mg (3%), Folate: 9.48µg (2.37%), Zinc: 0.33mg (2.23%), Calcium: 21.99mg (2.2%), Magnesium: 8.69mg (2.17%), Potassium: 60.66mg (1.73%), Iron: 0.27mg (1.48%), Manganese: 0.03mg (1.4%), Vitamin B5: 0.12mg (1.16%)