



Shrimp Rolls

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 inch baguettes ends trimmed
- ☐ 0.5 cup celery finely chopped
- ☐ 0.5 cup cucumber peeled chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 4 servings lemon wedges
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup romaine lettuce shredded

- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 2 tablespoons shallots chopped
- ☐ 2 pounds shrimp cooked peeled
- ☐ 2 tablespoons citrus champagne vinegar

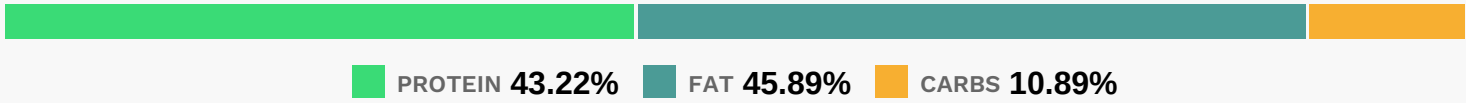
Equipment

- ☐ bowl

Directions

- ☐ Combine first 7 ingredients in a large bowl. Stir in shrimp. Season with salt and freshly ground pepper to taste.
- ☐ Place lettuce in baguettes; top with shrimp mixture.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:75.31, Glycemic Load:7.12, Inflammation Score:-7, Nutrition Score:15.703478167886%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 448.86kcal (22.44%), Fat: 22.84g (35.14%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 10.88g (3.96%), Sugar: 2.13g (2.37%), Cholesterol: 376.9mg (125.63%), Sodium: 807.19mg (35.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.41g (96.81%), Vitamin K: 66.46µg (63.3%), Phosphorus: 527.9mg (52.79%), Copper: 0.95mg (47.42%), Vitamin A: 1177.77IU (23.56%), Magnesium: 93.24mg (23.31%), Zinc: 3.36mg (22.41%), Potassium: 743.23mg (21.24%), Calcium: 185.62mg (18.56%), Iron: 2.28mg (12.67%), Manganese: 0.25mg (12.47%), Folate: 49.55µg (12.39%), Vitamin B1: 0.15mg (9.77%), Selenium: 5.18µg (7.4%),

Vitamin E: 1.05mg (6.98%), Vitamin B2: 0.09mg (5.55%), Fiber: 1.32g (5.3%), Vitamin B3: 1.04mg (5.2%), Vitamin C: 3.24mg (3.93%), Vitamin B6: 0.07mg (3.59%), Vitamin B5: 0.24mg (2.41%)