



Shrimp Rolls

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 boston lettuce leaves
- ☐ 0.5 cup celery finely chopped
- ☐ 2 tablespoons green onion tops chopped
- ☐ 1 small optional: lemon
- ☐ 0.3 cup mayonnaise light
- ☐ 0.8 pound shrimp cooked chopped
- ☐ 6 ounce white-wheat hot dog buns

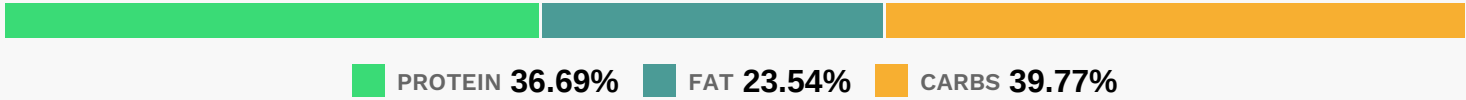
Equipment

☐ bowl

Directions

- ☐ Grate 1/2 teaspoon lemon rind from lemon. Squeeze lemon to measure 1 1/2 tablespoons juice.
- ☐ Combine lemon rind, juice, mayonnaise, and green onions in a large bowl.
- ☐ Add shrimp and celery; toss gently.
- ☐ Top each bun with 1 lettuce leaf. Spoon shrimp mixture evenly onto lettuce leaves.
- ☐ Serve immediately.
- ☐ Serve with: Pear-Kiwi Salad

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:12.700869656451%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 229.96kcal (11.5%), Fat: 6.23g (9.59%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 20.89g (7.6%), Sugar: 4.21g (4.68%), Cholesterol: 139.17mg (46.39%), Sodium: 423.62mg (18.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.74%), Vitamin K: 34.09µg (32.47%), Manganese: 0.51mg (25.67%), Phosphorus: 249.39mg (24.94%), Copper: 0.45mg (22.32%), Selenium: 14.15µg (20.22%), Vitamin C: 15.82mg (19.18%), Folate: 68.15µg (17.04%), Vitamin B1: 0.22mg (14.78%), Iron: 2.56mg (14.22%), Magnesium: 54.86mg (13.71%), Vitamin A: 599.14IU (11.98%), Potassium: 410.97mg (11.74%), Calcium: 115.15mg (11.51%), Fiber: 2.82g (11.27%), Zinc: 1.67mg (11.14%), Vitamin B3: 2.04mg (10.19%), Vitamin B2: 0.16mg (9.18%), Vitamin B6: 0.08mg (4.22%), Vitamin B5: 0.32mg (3.24%), Vitamin E: 0.45mg (3.03%)