



## Shrimp Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



395 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 teaspoon pepper black freshly ground
- 3 cups celery minced (6 stalks)
- 1 teaspoon dijon mustard
- 6 tablespoons optional: dill fresh minced
- 3 tablespoons kosher salt
- 1 optional: lemon cut into quarters
- 2 cups mayonnaise good
- 1 cup onion red minced (1 onion)

- 4 pounds shrimp in the shell (per pound)
- 2 tablespoons citrus champagne vinegar

## Equipment

- bowl
- sauce pan
- whisk
- slotted spoon

## Directions

- Watch how to make this recipe.
- Bring 5 quarts of water, 3 tablespoons salt, and the lemon to a boil in a large saucepan.
- Add half the shrimp and reduce the heat to medium. Cook uncovered for only 3 minutes or until the shrimp are barely cooked through.
- Remove with a slotted spoon to a bowl of cold water. Bring the water back to a boil and repeat with the remaining shrimp.
- Let cool; then peel, and devein the shrimp.
- In a separate bowl, whisk together the mayonnaise, mustard, wine or vinegar, 1 teaspoon salt, pepper, and dill.
- Combine with the peeled shrimp.
- Add the red onion and celery and check the seasonings.
- Serve or cover and refrigerate for a few hours.

## Nutrition Facts

 **PROTEIN 31.46%**  **FAT 65.32%**  **CARBS 3.22%**

## Properties

Glycemic Index:17.79, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:10.282173921233%

## Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

## **Nutrients (% of daily need)**

Calories: 395.1kcal (19.75%), Fat: 28.8g (44.31%), Saturated Fat: 4.54g (28.4%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1.35g (1.5%), Cholesterol: 259.11mg (86.37%), Sodium: 2186.95mg (95.08%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 31.21g (62.42%), Vitamin K: 68.58µg (65.32%), Phosphorus: 343.81mg (34.38%), Copper: 0.62mg (31%), Magnesium: 58.86mg (14.72%), Potassium: 509.82mg (14.57%), Zinc: 2.15mg (14.36%), Calcium: 117.91mg (11.79%), Vitamin E: 1.31mg (8.75%), Vitamin C: 6.72mg (8.15%), Manganese: 0.13mg (6.48%), Iron: 1.06mg (5.88%), Fiber: 0.95g (3.79%), Folate: 14.84µg (3.71%), Vitamin A: 156.53IU (3.13%), Vitamin B6: 0.05mg (2.3%), Selenium: 1.22µg (1.74%), Vitamin B2: 0.03mg (1.65%), Vitamin B5: 0.16mg (1.64%), Vitamin B1: 0.02mg (1.32%)