



Shrimp Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

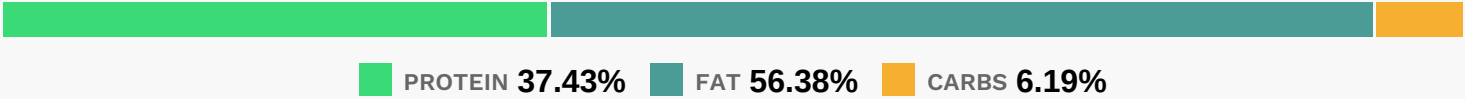
- ☐ 4 green onions thinly sliced
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.8 cup mayonaise
- ☐ 6 servings bell pepper
- ☐ 6 servings salt
- ☐ 4 cups cooking shrimp chopped

Equipment

Directions

☐ Stir together 4 cups chopped cooked shrimp, 3/4 cup mayonnaise, 4 thinly sliced green onions, 2 diced celery ribs, 2 tsp. grated lemon rind, 1/2 tsp. ground red pepper, and salt and black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:1.15, Inflammation Score:-9, Nutrition Score:18.200434780639%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 347.24kcal (17.36%), Fat: 22.02g (33.87%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 3.55g (1.29%), Sugar: 3.52g (3.91%), Cholesterol: 265.7mg (88.57%), Sodium: 563.63mg (24.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.89g (65.77%), Vitamin C: 97.85mg (118.61%), Vitamin K: 65.98µg (62.84%), Vitamin A: 2500.24IU (50%), Phosphorus: 366.31mg (36.63%), Copper: 0.64mg (32.14%), Potassium: 605.73mg (17.31%), Magnesium: 66.38mg (16.6%), Zinc: 2.38mg (15.86%), Vitamin E: 2.19mg (14.61%), Calcium: 115.42mg (11.54%), Vitamin B6: 0.23mg (11.46%), Folate: 41.05µg (10.26%), Manganese: 0.15mg (7.7%), Fiber: 1.89g (7.55%), Iron: 1.34mg (7.43%), Vitamin B2: 0.08mg (4.54%), Vitamin B3: 0.79mg (3.94%), Vitamin B1: 0.05mg (3.23%), Vitamin B5: 0.29mg (2.92%), Selenium: 0.79µg (1.12%)