



## Shrimp Salad Bites

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.1 tsp garlic powder
- 1 green onion sliced
- 0.3 tsp ground pepper red (cayenne)
- 0.5 tsp lemon zest
- 0.1 tsp onion powder
- 0.3 cup bell peppers red chopped
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 16 ritz crackers

0.5 lb shrimp cleaned cooked chopped

## Equipment

bowl

## Directions

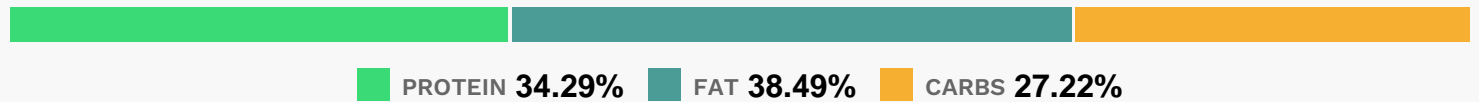
Mix mayo, dry seasonings, lemon zest and lemon juice in medium bowl until blended.

Add shrimp and vegetables; mix lightly.

Refrigerate 1 hour.

Spoon shrimp mixture onto crackers just before serving, adding about 1 Tbsp. shrimp mixture to each cracker.

## Nutrition Facts



## Properties

Glycemic Index:10.1, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.2991304073645%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 57.99kcal (2.9%), Fat: 2.5g (3.84%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.72g (1.35%), Sugar: 0.79g (0.87%), Cholesterol: 37.41mg (12.47%), Sodium: 116.04mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin K: 8.11µg (7.72%), Phosphorus: 64.29mg (6.43%), Vitamin C: 5.16mg (6.26%), Copper: 0.1mg (4.9%), Vitamin A: 151.29IU (3.03%), Vitamin E: 0.37mg (2.46%), Magnesium: 9.8mg (2.45%), Zinc: 0.35mg (2.37%), Calcium: 23.71mg (2.37%), Potassium: 80.32mg (2.29%), Iron: 0.38mg (2.12%), Manganese: 0.04mg (2.08%), Vitamin B1: 0.02mg (1.66%), Folate: 6.26µg (1.56%), Vitamin B3: 0.28mg (1.41%), Vitamin B2: 0.02mg (1.02%)