



Shrimp Salad Rolls

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 boston lettuce leaves
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1.5 teaspoons tarragon fresh chopped
- ☐ 6 ounce hot dog buns
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 cup canola mayonnaise

☐ 1 pound shrimp deveined peeled

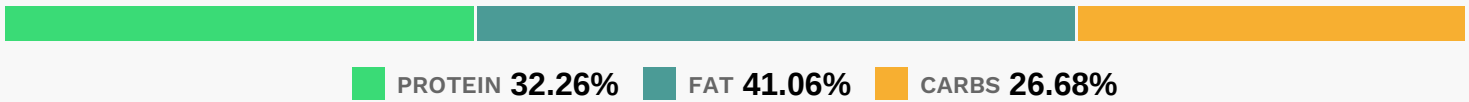
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Heat butter in a large nonstick skillet over medium-high heat; swirl to coat.
- ☐ Add shrimp to pan; saut 4 minutes or until done.
- ☐ Place shrimp on a large plate; chill in refrigerator for 10 minutes. Coarsely chop shrimp.
- ☐ Combine chopped shrimp, mayonnaise, and next 6 ingredients (through salt) in a large bowl.
- ☐ Open buns without completely splitting; arrange, cut sides up, on a baking sheet. Broil 1 minute or until toasted.
- ☐ Place 2 lettuce leaves in each bun; top each serving with 1/2 cup shrimp mixture.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:13.03, Inflammation Score:-7, Nutrition Score:13.739565331003%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 343.14kcal (17.16%), Fat: 15.69g (24.14%), Saturated Fat: 3.94g (24.61%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 21.65g (7.87%), Sugar: 3.58g (3.97%), Cholesterol: 195.98mg (65.33%), Sodium: 603.87mg (26.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.74g (55.47%), Vitamin K: 57.03µg (54.31%), Phosphorus: 302.43mg (30.24%), Copper: 0.51mg (25.34%), Vitamin A: 1128.14IU (22.56%), Manganese: 0.42mg (20.99%), Selenium: 12.16µg (17.37%), Vitamin B1: 0.25mg (16.87%), Folate: 65.67µg (16.42%), Calcium: 156.97mg (15.7%), Iron: 2.73mg (15.16%), Magnesium: 56.94mg (14.23%), Potassium: 457.23mg (13.06%), Zinc: 1.95mg (13%), Vitamin B3: 1.96mg (9.81%), Vitamin B2: 0.16mg (9.43%), Fiber: 1.28g (5.12%), Vitamin C: 4.2mg (5.09%), Vitamin E: 0.72mg (4.79%), Vitamin B6: 0.07mg (3.7%), Vitamin B12: 0.11µg (1.8%)