



Shrimp Salad-Stuffed Endive

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 24 belgian endive (2 heads)
- ☐ 0.5 cup celery diced finely
- ☐ 0.3 cup cream cheese softened
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 garlic clove pressed
- ☐ 2 tablespoons spring onion finely chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 teaspoon salt
- ☐ 2.5 cups shrimp deveined cooked peeled finely chopped (1 lb. of any size)

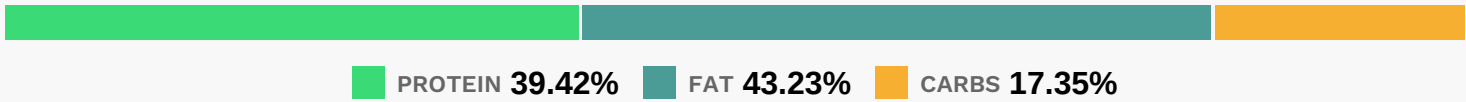
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 9 ingredients in a large bowl; stir in shrimp and celery. Spoon shrimp mixture onto bottom half of endive leaves.
- ☐ Pair with: Sancerre Sauvignon Blanc or Vermentino.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.4465216738374%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 66.05kcal (3.3%), Fat: 3.3g (5.08%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 0.92g (0.34%), Sugar: 0.2g (0.22%), Cholesterol: 51.66mg (17.22%), Sodium: 94.5mg (4.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Vitamin K: 9.91µg (9.44%), Phosphorus: 84.77mg (8.48%), Fiber: 2.06g (8.23%), Copper: 0.15mg (7.58%), Potassium: 227.95mg (6.51%), Folate: 25.72µg (6.43%), Magnesium: 17.63mg (4.41%), Manganese: 0.08mg (4.05%), Calcium: 36.21mg (3.62%), Zinc: 0.53mg (3.52%), Vitamin C: 2.72mg (3.3%), Vitamin B1: 0.04mg (2.8%), Vitamin A: 103.05IU (2.06%), Iron: 0.35mg (1.93%), Vitamin B6: 0.03mg (1.7%), Vitamin B2: 0.03mg (1.58%), Vitamin B5: 0.12mg (1.23%)