



# Shrimp Salad with Buttermilk and Tarragon Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 tablespoons anaheim green minced
- 1 head bibb lettuce separated
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon dijon mustard
- 0.3 cup buttermilk fat-free
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- 1 tablespoon tarragon fresh chopped

- 1 teaspoon tarragon fresh minced
- 1 garlic clove minced
- 1 tablespoon juice of lime fresh
- 0.5 teaspoon lime rind fresh grated
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- 12 romaine lettuce leaves
- 0.5 teaspoon salt
- 4 teaspoons shallots finely chopped
- 1.5 pounds shrimp deveined peeled
- 0.1 teaspoon sugar
- 2 tablespoons tarragon vinegar
- 2 tomatoes cut into wedges

## Equipment

- frying pan
- whisk
- ziploc bags
- grill pan

## Directions

- To prepare shrimp, combine first 8 ingredients in a zip-top plastic bag.
- Add shrimp, and seal the bag. Refrigerate 2 hours, turning the bag occasionally.
- Remove shrimp from bag; discard marinade. Pat shrimp dry.
- Heat a grill pan coated with cooking spray over medium-high heat.
- Add half of shrimp to pan, and cook 2 minutes on each side or until done. Repeat procedure with remaining shrimp.
- To prepare salad, arrange the lettuce leaves on a serving platter. Top with tomatoes and shrimp.

To prepare vinaigrette, combine 1/3 cup buttermilk and the remaining ingredients, stirring with a whisk.

Drizzle vinaigrette over the salad.

## Nutrition Facts

**PROTEIN 72.8%** **FAT 6.64%** **CARBS 20.56%**

### Properties

Glycemic Index:121.52, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:23.079565343649%

### Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

### Nutrients (% of daily need)

Calories: 203.72kcal (10.19%), Fat: 1.55g (2.39%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 7.25g (2.64%), Sugar: 5.36g (5.96%), Cholesterol: 274.55mg (91.52%), Sodium: 577.44mg (25.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.31g (76.61%), Vitamin A: 9276.8IU (185.54%), Vitamin K: 132.92µg (126.6%), Phosphorus: 429.33mg (42.93%), Folate: 160.62µg (40.16%), Copper: 0.77mg (38.61%), Potassium: 985.83mg (28.17%), Manganese: 0.55mg (27.7%), Magnesium: 93.02mg (23.25%), Vitamin C: 17.47mg (21.18%), Calcium: 191.98mg (19.2%), Zinc: 2.78mg (18.52%), Iron: 3.18mg (17.66%), Fiber: 3.57g (14.26%), Vitamin B6: 0.22mg (10.91%), Vitamin B1: 0.12mg (7.9%), Vitamin B2: 0.13mg (7.43%), Vitamin B3: 1mg (5%), Vitamin E: 0.53mg (3.54%), Vitamin B5: 0.26mg (2.57%), Selenium: 1.29µg (1.84%)