



Shrimp Sandwich with Pink Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

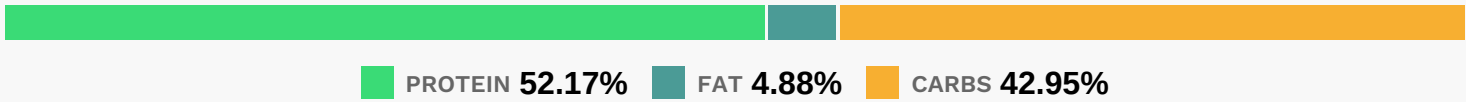
- ☐ 0.8 cup pink sauce
- ☐ 6 pita bread rounds cut in half
- ☐ 1 head romaine lettuce
- ☐ 3 pounds shrimp fresh unpeeled
- ☐ 9 cups water

Equipment

Directions

- ☐ Bring water to a boil; add shrimp, and cook 3 to 5 minutes or just until shrimp turn pink.
- ☐ Drain and rinse with cold water. Peel shrimp, and devein, if desired. Chill.
- ☐ Place lettuce leaves in pita pockets; fill with shrimp.
- ☐ Drizzle with Pink Sauce.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:14.53, Inflammation Score:-10, Nutrition Score:13.867391311604%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 200.3kcal (10.01%), Fat: 1.09g (1.67%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 21.5g (7.17%), Net Carbohydrates: 19.79g (7.19%), Sugar: 4.04g (4.49%), Cholesterol: 182.57mg (60.86%), Sodium: 475.51mg (20.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.23%), Vitamin A: 4543.72IU (90.87%), Vitamin K: 53.47µg (50.92%), Phosphorus: 285.48mg (28.55%), Copper: 0.54mg (27.19%), Folate: 77.67µg (19.42%), Magnesium: 56.05mg (14.01%), Potassium: 461.82mg (13.19%), Manganese: 0.25mg (12.65%), Zinc: 1.89mg (12.62%), Calcium: 119.19mg (11.92%), Iron: 1.49mg (8.26%), Vitamin B1: 0.11mg (7.49%), Fiber: 1.71g (6.85%), Vitamin B3: 0.76mg (3.82%), Vitamin B2: 0.06mg (3.65%), Vitamin C: 2.09mg (2.53%), Vitamin B6: 0.05mg (2.41%), Vitamin B5: 0.19mg (1.85%)