



Shrimp Sandwiches with Tarragon-Caper Mayonnaise

READY IN



45 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter room temperature ()
- ☐ 2 tablespoons capers drained finely chopped
- ☐ 0.5 cup celery heart with leaves finely chopped
- ☐ 0.3 teaspoon celery seeds
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 teaspoon pepper sauce hot ()
- ☐ 12 small sandwich rolls soft (3-inch round)

- ☐ 1 pound shrimp deveined cooked peeled
- ☐ 1.5 tablespoons onion sweet grated (such as Vidalia or Maui)

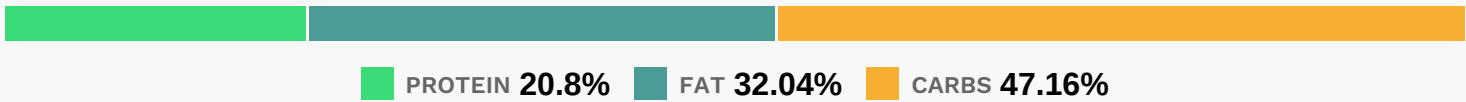
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix first 5 ingredients and 1/4 teaspoon hot sauce in medium bowl.
- ☐ Mix in celery. Season with salt and pepper and more hot sauce, if desired. DO AHEAD
Mayonnaise can be made 6 hours ahead. Cover; chill.
- ☐ Lightly butter cut sides of rolls.
- ☐ Heat griddle or large nonstick skillet over medium heat.
- ☐ Add rolls, buttered side down, to griddle and cook until golden, 1 to 2 minutes.
- ☐ Spread mayonnaise over bottom of each bun. Top with shrimp, tomato, avocado, and lettuce, if desired. Cover with top buns.
- ☐ Transfer to plates.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:17.804782713885%

Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 522.74kcal (26.14%), Fat: 18.53g (28.5%), Saturated Fat: 4.66g (29.1%), Carbohydrates: 61.34g (20.45%), Net Carbohydrates: 58.38g (21.23%), Sugar: 2.34g (2.6%), Cholesterol: 136.97mg (45.66%), Sodium: 905.19mg

(39.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.06g (54.13%), Selenium: 45.05µg (64.35%), Vitamin B1: 0.55mg (36.86%), Manganese: 0.66mg (33.11%), Folate: 116.5µg (29.12%), Phosphorus: 286.6mg (28.66%), Iron: 4.64mg (25.79%), Copper: 0.51mg (25.36%), Vitamin B3: 4.99mg (24.95%), Vitamin B2: 0.41mg (24.24%), Vitamin K: 24.43µg (23.27%), Calcium: 178.51mg (17.85%), Magnesium: 63.91mg (15.98%), Zinc: 2.18mg (14.54%), Fiber: 2.96g (11.84%), Potassium: 388.87mg (11.11%), Vitamin E: 1.04mg (6.95%), Vitamin B5: 0.52mg (5.18%), Vitamin A: 215.52IU (4.31%), Vitamin B6: 0.08mg (4.01%), Vitamin C: 1.22mg (1.48%)