



Shrimp with Lemon-Chive Tartar Sauce, Ditalini Salad with Mixed Peppers

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bell pepper diced seeded
- 1 pound ditalini pasta cooked
- 2 tablespoons chives fresh minced
- 0.3 cup parsley leaves fresh chopped
- 0.3 cup pickled jalapeño peppers diced
- 1 teaspoon lemon zest finely grated
- 0.5 cup mayonnaise

- 2 tablespoons olive oil divided
- 1 teaspoon oregano dried
- 2 tablespoons red wine vinegar
- 2 cups roasted peppers diced red (from water-packed jar)
- 4 servings salt and pepper black freshly ground
- 2 pounds shrimp deveined peeled
- 2 tablespoons pickled cucumbers / gherkins sweet minced

Equipment

- bowl
- frying pan
- stove
- grill pan

Directions

- Heat 1 tablespoon of the oil in a large skillet over medium heat. Season shrimp with salt, pepper and oregano.
- Place shrimp in hot pan (or stove-top grill pan) and cook 2 minutes per side, until opaque and cooked through.
- Meanwhile, in a medium bowl, combine mayonnaise, chives, gherkins, and lemon zest.
- Mix well and season to taste with salt and pepper.
- In a large bowl, combine ditalini, remaining olive oil, peppers, parsley, and vinegar. Toss to combine and season, to taste, with salt and pepper.
- Serve the ditalini salad with 1 1/4 pounds of the shrimp and all of the tartar sauce. Reserve extra shrimp (about 1/2 pound cooked) for another meal.

Nutrition Facts

 **PROTEIN 32.5%**  **FAT 41.71%**  **CARBS 25.79%**

Properties

Glycemic Index:69.42, Glycemic Load:16.98, Inflammation Score:-9, Nutrition Score:27.435217398664%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 658.5kcal (32.92%), Fat: 30.58g (47.05%), Saturated Fat: 4.75g (29.68%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 38.3g (13.93%), Sugar: 3.81g (4.23%), Cholesterol: 376.9mg (125.63%), Sodium: 1445.38mg (62.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.62g (107.25%), Vitamin K: 124.15µg (118.24%), Vitamin C: 86.13mg (104.4%), Phosphorus: 586.61mg (58.66%), Copper: 1.12mg (56.04%), Selenium: 30.9µg (44.14%), Vitamin A: 1841.51IU (36.83%), Manganese: 0.65mg (32.6%), Magnesium: 117.38mg (29.35%), Zinc: 3.95mg (26.31%), Potassium: 881.84mg (25.2%), Calcium: 207.69mg (20.77%), Vitamin E: 2.88mg (19.23%), Iron: 3.06mg (16.99%), Fiber: 4.24g (16.97%), Vitamin B6: 0.31mg (15.7%), Folate: 44.86µg (11.22%), Vitamin B3: 1.32mg (6.6%), Vitamin B2: 0.09mg (5.32%), Vitamin B1: 0.07mg (4.64%), Vitamin B5: 0.35mg (3.51%)