



Shrimp with Rémoulade



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon capers chopped
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 tablespoon dill pickle finely chopped
- ☐ 2 teaspoons flat-leaf parsley fresh finely chopped
- ☐ 1 garlic clove pressed
- ☐ 2 teaspoons grainy mustard
- ☐ 2 tablespoons horseradish white prepared drained
- ☐ 1 teaspoon juice of lemon fresh

- ☐ 0.5 cup mayonnaise
- ☐ 1 teaspoon paprika
- ☐ 1 scallion light white green finely chopped
- ☐ 1.5 pounds precooked shrimp frozen
- ☐ 1 tablespoon tomato paste

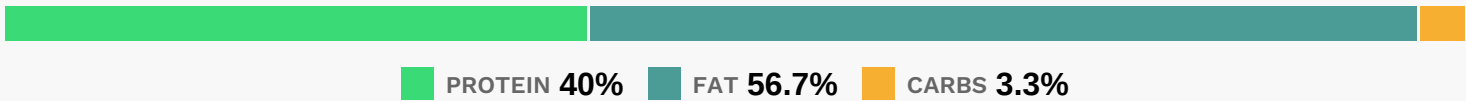
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ plastic wrap
- ☐ colander

Directions

- ☐ Place all ingredients except shrimp in a small bowl and stir until well-combined. Cover with plastic wrap and refrigerate until ready to serve.
- ☐ Place shrimp in a large colander; run under cold water until defrosted. Pat dry with paper towels, put in a bowl, cover and refrigerate for at least 30 minutes or up to 6 hours before serving.
- ☐ Arrange shrimp on a platter and serve with rmoulade.

Nutrition Facts



Properties

Glycemic Index:37.88, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:5.2130434616752%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

0.6mg

Nutrients (% of daily need)

Calories: 174.06kcal (8.7%), Fat: 11.04g (16.99%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.75g (0.84%), Cholesterol: 142.81mg (47.6%), Sodium: 257.78mg (11.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.52g (35.05%), Vitamin K: 27.26µg (25.96%), Phosphorus: 191.6mg (19.16%), Copper: 0.35mg (17.58%), Magnesium: 33.56mg (8.39%), Zinc: 1.24mg (8.26%), Potassium: 274.26mg (7.84%), Calcium: 62.75mg (6.28%), Vitamin E: 0.66mg (4.37%), Vitamin A: 210.56IU (4.21%), Iron: 0.66mg (3.69%), Manganese: 0.06mg (3%), Vitamin C: 2.15mg (2.61%), Fiber: 0.44g (1.76%), Selenium: 1.05µg (1.49%), Folate: 4.69µg (1.17%), Vitamin B6: 0.02mg (1.12%)