



## Shrimp with Wasabi Mayo

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons mint leaves fresh chopped
- 2 tablespoons juice of lemon
- 12 servings mint sprig fresh rinsed
- 1 cup regular reduced-fat
- 12 servings salt
- 2 tablespoons wasabi powder dried

### Equipment

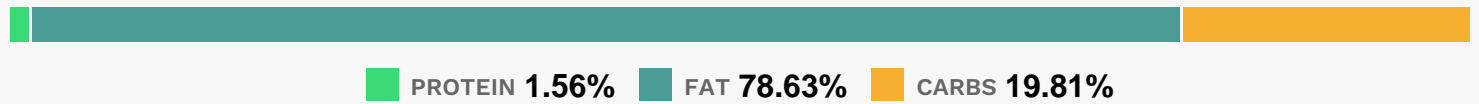
- food processor

- bowl
- blender

## Directions

- In a small bowl, mix wasabi powder with 2 tablespoons water until smooth. In a food processor or blender, whirl mayonnaise, lemon juice, mint leaves, and three-fourths of the wasabi mixture until smooth. Taste, and add salt and more of the wasabi mixture if desired; save remaining for other uses.
- Scrape into a bowl and garnish with mint sprig.
- Serve with shrimp to dip into sauce.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1200000093035%

## Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 47.17kcal (2.36%), Fat: 4.17g (6.42%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.15g (0.78%), Sugar: 0.73g (0.81%), Cholesterol: 2.99mg (1%), Sodium: 348.9mg (15.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.37%), Vitamin K: 10.02µg (9.55%), Vitamin E: 0.41mg (2.75%), Vitamin C: 1.9mg (2.3%), Vitamin A: 91.39IU (1.83%), Manganese: 0.03mg (1.35%)