



Spicy Shrimp Burgers

 Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

1052 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 4 servings boston lettuce leaves
- ☐ 0.5 teaspoon cayenne pepper (recommended: Tabasco)
- ☐ 1 celery stalk with green, leafy tops, coarsely chopped
- ☐ 4 dough flavor plain sour english
- ☐ 1 clove garlic
- ☐ 0.5 bell pepper green seeded coarsely chopped
- ☐ 0.3 cup taco sauce
- ☐ 1 lemon zest

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 skinned onion yellow small to medium coarsely chopped
- ☐ 1 handful parsley leaves
- ☐ 1 pound shrimp raw deveined peeled
- ☐ 0.3 cup reduced fat mayonnaise
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon seafood seasoning all-purpose (recommended: Old Bay)

Equipment

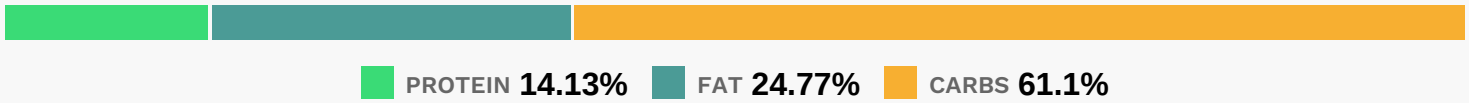
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Divide the shrimp in half. Put half the shrimp into a food processor and grind it up.
- ☐ Transfer the shrimp to a bowl using a rubber spatula.
- ☐ Add the whole shrimp to the bowl.
- ☐ Add celery, onion, bell pepper, garlic and parsley to the processor and pulse-grind it into a fine chop.
- ☐ Add the vegetable mixture to the shrimp.
- ☐ Add half a palm full of crab boil seasoning, 1/2 teaspoon cayenne, lemon zest, salt and pepper to the bowl, to season. Stir the shrimp mixture to combine.
- ☐ Preheat a large nonstick skillet over medium to medium high heat.
- ☐ Add extra-virgin olive oil, 2 turns of the pan in a slow stream. Use a large metal scoop to scoop 4 mounds of shrimp burger mixture into the pan. Gently pat down to form patties. Fry patties 3 to 5 minutes on each side, until they firm up and the shrimp turn whitish-pink.
- ☐ Split and toast the sandwich size English muffins.
- ☐ Mix mayonnaise and chili sauce, salsa or taco sauce.

Place burgers on muffin bottoms and top with lettuce. Slather the top of the muffins with sauce and set in place.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:54.96, Inflammation Score:-8, Nutrition Score:37.24565222989%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 1052.37kcal (52.62%), Fat: 28.46g (43.79%), Saturated Fat: 5.81g (36.29%), Carbohydrates: 157.94g (52.65%), Net Carbohydrates: 151.25g (55%), Sugar: 4.38g (4.86%), Cholesterol: 145.12mg (48.37%), Sodium: 2550.04mg (110.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.53g (73.06%), Selenium: 100.35µg (143.35%), Vitamin B1: 1.59mg (106.17%), Manganese: 1.51mg (75.39%), Folate: 281.25µg (70.31%), Vitamin B3: 13.99mg (69.94%), Vitamin B2: 1.01mg (59.43%), Iron: 10.07mg (55.96%), Phosphorus: 511.8mg (51.18%), Vitamin K: 47.17µg (44.93%), Copper: 0.55mg (27.37%), Fiber: 6.69g (26.76%), Vitamin C: 19.58mg (23.74%), Vitamin E: 3.53mg (23.52%), Vitamin B12: 1.26µg (20.98%), Magnesium: 76.37mg (19.09%), Vitamin B6: 0.38mg (18.93%), Zinc: 2.63mg (17.54%), Potassium: 479.05mg (13.69%), Vitamin A: 638.27IU (12.77%), Vitamin B5: 1.26mg (12.63%), Calcium: 117.29mg (11.73%)