



Tomato and Shrimp Salad with Horseradish Dressing

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 beefsteak tomatoes 1 sliced
- 1 rib celery from the heart finely chopped
- 2 tablespoons horseradish prepared
- 1 teaspoon hot sauce
- 0.5 juice of lemon juiced
- 12 jumbo shrimp chilled cooked
- 0.8 cup cup heavy whipping cream sour

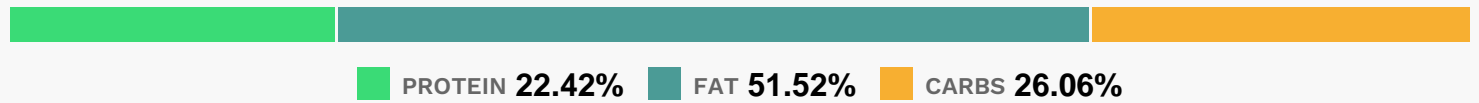
3 dashes worcestershire sauce

Equipment

Directions

- Arrange tomatoes on a platter and arrange the shrimp down the middle of them.
- Mix dressing and reserve. When ready to serve, pour a strap of dressing across the serving platter and pass at the table.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:9.9078260919322%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 148kcal (7.4%), Fat: 8.94g (13.75%), Saturated Fat: 4.45g (27.79%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 7.71g (2.8%), Sugar: 6.86g (7.62%), Cholesterol: 73.74mg (24.58%), Sodium: 133.29mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.51%), Vitamin A: 1732.26IU (34.65%), Vitamin C: 28.15mg (34.12%), Potassium: 591.76mg (16.91%), Vitamin K: 17.14µg (16.32%), Phosphorus: 143.36mg (14.34%), Copper: 0.24mg (11.78%), Manganese: 0.23mg (11.46%), Fiber: 2.46g (9.85%), Magnesium: 37.01mg (9.25%), Folate: 36.83µg (9.21%), Calcium: 89.06mg (8.91%), Vitamin B6: 0.17mg (8.49%), Vitamin E: 1.12mg (7.45%), Vitamin B2: 0.11mg (6.74%), Zinc: 0.91mg (6.09%), Vitamin B3: 1.12mg (5.61%), Vitamin B1: 0.08mg (5.07%), Iron: 0.74mg (4.13%), Vitamin B5: 0.33mg (3.34%), Selenium: 1.85µg (2.65%), Vitamin B12: 0.09µg (1.51%)