

New England Shrimp Rolls

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Servings: 4

2 cups cold, cooked large shrimp,
thawed if frozen
3 tablespoons celery, diced
2 tablespoons fresh flat-leaf parsley,
chopped
3 tablespoons mayonnaise, plus more
if needed
Kosher salt
freshly ground pepper
4 hot dog buns, buttered and toasted

Preparation Time: 15 minutes

Shell the shrimp and cut each into about three pieces.

In a bowl, combine the shrimp, celery, parsley and mayonnaise. Season with salt and pepper. Add more mayonnaise if you prefer a creamier salad.

Divide among the buns.

Start to Finish Time: 15 minutes

You can make a classic New

England lobster roll with this recipe also. Just substitute chopped cooked lobster meat for the shrimp.

Per Serving (excluding unknown items): 198 Calories; 11g Fat (48.9% calories from fat); 4g Protein; 22g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 305mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 1 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	198	Vitamin B6 (mg):	.1mg
% Calories from Fat:	48.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	43.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	7.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	11g	Folacin (mcg):	17mcg
Saturated Fat (g):	2g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	4mg	% Refuse:	0.0%
Carbohydrate (g):	22g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1 1/2
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	305mg	Vegetable:	0

Potassium (mg): 91mg
Calcium (mg): 39mg
Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 134IU
Vitamin A (r.e.): 16 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 198 Calories from Fat: 97

% Daily Values*

Total Fat	11g	17%
Saturated Fat	2g	9%
Cholesterol	4mg	1%
Sodium	305mg	13%
Total Carbohydrates	22g	7%
Dietary Fiber	1g	5%
Protein	4g	

Vitamin A	3%
Vitamin C	5%
Calcium	4%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.