

Shrimp Salad Tea Sandwiches

50 Tea Sandwiches
Food Network Magazine

1 cup cooked shrimp, chopped
3 tablespoons mayonnaise
1 teaspoon grated lemon zest
1 teaspoon lemon juice
1 teaspoon chives, chopped
1 teaspoon parsley, chopped
1 teaspoon capers, chopped
white bread slices
Bibb lettuce

In a bowl, mix the shrimp, mayonnaise, lemon zest, lemon juice, chives, parsley and capers.

Sandwich the white bread slices with the shrimp salad and lettuce.

Trim the crusts and cut into quarters.

Per Serving (excluding unknown items): 532 Calories; 38g Fat (62.6% calories from fat); 50g Protein; 1g Carbohydrate; trace Dietary Fiber; 476mg Cholesterol; 791mg Sodium. Exchanges: 7 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	532	Vitamin B6 (mg):	.5mg
% Calories from Fat:	62.6%	Vitamin B12 (mcg):	3.5mcg
% Calories from Carbohydrates:	0.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	37.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	38g	Folacin (mcg):	15mcg
Saturated Fat (g):	5g	Niacin (mg):	6mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	18g	Alcohol (kcal):	0
Cholesterol (mg):	476mg	% Refuse:	0.00%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	50g	Lean Meat:	7
Sodium (mg):	791mg	Vegetable:	0
Potassium (mg):	462mg	Fruit:	0
Calcium (mg):	103mg	Non-Fat Milk:	0

Iron (mg): 8mg
Zinc (mg): 4mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 743IU
Vitamin A (r.e.): 190RE

Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 532 Calories from Fat: 333

% Daily Values*

Total Fat 38g 58%
Saturated Fat 5g 27%
Cholesterol 476mg 159%
Sodium 791mg 33%
Total Carbohydrates 1g 0%
Dietary Fiber trace 0%
Protein 50g

Vitamin A 15%
Vitamin C 16%
Calcium 10%
Iron 42%

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