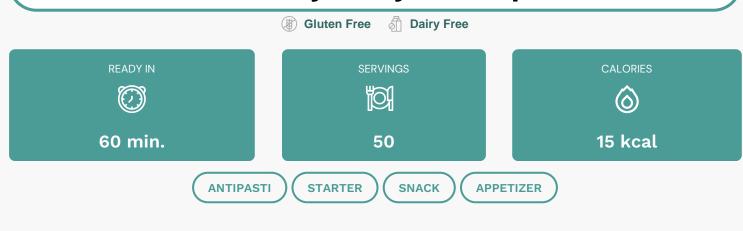


Bloody Mary Shrimp



Ingredients

L	I.5 cups celery thinly sliced (3 to 4 ribs)
	2 tablespoons horseradish drained to taste (not)
	0.5 cup catsup
	0.3 cup juice of lemon fresh
	1 cup spring onion thinly sliced (6)
	1 pound shrimp deveined peeled
	1 teaspoon all the tabasco sauce you handle
	0.3 cup vodka (preferably Absolut Peppar)

	1 teaspoon worcestershire sauce	
Equipment		
	bowl	
	sauce pan	
	whisk	
	colander	
Directions		
	Bring a large saucepan of salted water (2 tablespoons salt for 2 quarts water) to a boil.	
	Add shrimp, then remove from heat and let stand in water until cooked through, about 5 minutes.	
	Drain in a colander and cool to room temperature, about 30 minutes.	
	Cut shrimp into thirds and transfer to a large bowl with celery and scallions.	
	Whisk together all sauce ingredients, 1/4 teaspoon pepper, and 3/4 teaspoon salt, or to taste.	
	Just before serving, stir sauce into shrimp mixture. Spoon 2 shrimp pieces with vegetables and sauce into each soupspoon and arrange spoons on a platter.	
	· Shrimp can be cooked and tossed with vegetables 4 hours ahead, then chilled in a sealed bag. Bring to room temperature, about 30 minutes, before tossing with sauce. Sauce can be made 1 day ahead and chilled, covered.	
Nutrition Facts		
	PROTEIN 61.18% FAT 4.66% CARBS 34.16%	
	PROTEIN 61.16% FAT 4.00% CARBS 34.10%	
Properties		

Glycemic Index:2.28, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.88782607893581%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Naringenin: 0.02mg, Naring 0.02mg, Naringenin: 0.02mg Apigenin: 0.09mg, Api 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg,

Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.25mg, Quercetin: 0

Nutrients (% of daily need)

Calories: 14.63kcal (0.73%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.69g (0.77%), Cholesterol: 14.61mg (4.87%), Sodium: 41.53mg (1.81%), Alcohol: 0.4g (100%), Alcohol %: 2.58% (100%), Protein: 1.92g (3.84%), Vitamin K: 5.11µg (4.87%), Phosphorus: 21.93mg (2.19%), Copper: 0.04mg (2.06%), Vitamin C: 1.27mg (1.53%), Potassium: 47.91mg (1.37%), Magnesium: 4.48mg (1.12%)