



Ceviche-Style Shrimp Cocktail

 Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb shrimp frozen thawed deveined cooked peeled
- 1 large avocado diced pitted peeled
- 1 medium cucumber diced peeled
- 0.8 cup onion red finely chopped
- 0.8 cup spring onion sliced (12 medium)
- 2 plum tomatoes chopped (Roma)
- 1 serrano chiles seeded chopped
- 0.5 cup cilantro leaves fresh finely chopped

- 0.8 cup catsup
- 0.3 cup fruit cocktail
- 0.3 cup juice of lime fresh
- 1 teaspoon salt
- 0.5 teaspoon garlic salt
- 3 drops hot sauce red
- 1 serving saltines
- 0.5 cup frangelico

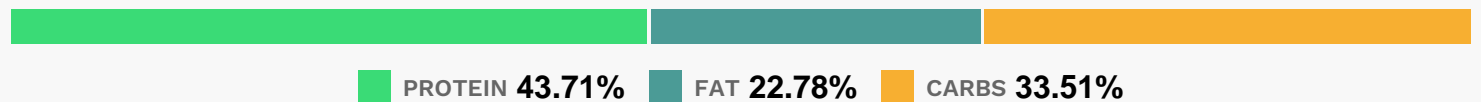
Equipment

- bowl

Directions

- In large bowl, place shrimp, avocado, cucumber, onions, tomatoes, chile and cilantro; toss gently to mix.
- In medium bowl, mix remaining ingredients except crackers until blended.
- Pour over shrimp mixture, stirring to mix.
- Cover and refrigerate 1 to 2 hours to marinate. Spoon 3/4 cup shrimp mixture into each of 10 glasses.
- Serve with saltine crackers.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:1.3, Inflammation Score:-5, Nutrition Score:7.632608709128%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.18mg,

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 128.29kcal (6.41%), Fat: 3.45g (5.3%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 9.16g (3.33%), Sugar: 6.55g (7.28%), Cholesterol: 109.54mg (36.51%), Sodium: 608.98mg (26.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.77%), Vitamin K: 25.65µg (24.43%), Copper: 0.36mg (18.16%), Phosphorus: 177.17mg (17.72%), Vitamin C: 10.67mg (12.93%), Potassium: 446.21mg (12.75%), Magnesium: 39.94mg (9.99%), Fiber: 2.26g (9.02%), Zinc: 1.2mg (7.99%), Folate: 31.76µg (7.94%), Vitamin A: 395.37IU (7.91%), Manganese: 0.15mg (7.33%), Vitamin B6: 0.13mg (6.57%), Calcium: 63.38mg (6.34%), Vitamin E: 0.88mg (5.88%), Vitamin B2: 0.08mg (4.64%), Iron: 0.81mg (4.51%), Vitamin B3: 0.82mg (4.11%), Vitamin B5: 0.39mg (3.9%), Vitamin B1: 0.04mg (2.83%)