



Chipotle Shrimp Cocktail



Gluten Free



Dairy Free

READY IN



740 min.

SERVINGS



8

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 to 3 chipotle peppers in adobo sauce canned chopped
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 cup catsup
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 3 tablespoons orange zest
- ☐ 1 medium size bell pepper red
- ☐ 1 large onion red

- ☐ 2 pounds shrimp with tails deveined cooked peeled
- ☐ 1 medium size bell pepper yellow

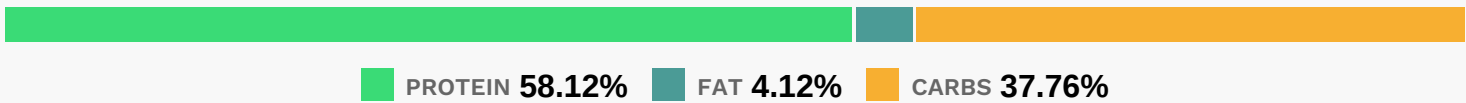
Equipment

- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Cut onion and bell peppers into thin strips; layer with shrimp in a large zip-top plastic freezer bag.
- ☐ Whisk together ketchup and next 5 ingredients; pour over shrimp mixture. Seal and chill 12 to 24 hours, turning bag occasionally.
- ☐ Serve using a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:10.818260884803%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 155.74kcal (7.79%), Fat: 0.75g (1.15%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 13.95g (5.07%), Sugar: 9.41g (10.46%), Cholesterol: 182.57mg (60.86%), Sodium: 409.51mg (17.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.56%), Vitamin C: 64.2mg (77.82%), Phosphorus: 267.6mg (26.76%), Copper: 0.51mg (25.4%), Vitamin A: 765.34IU (15.31%), Potassium: 525.34mg (15.01%), Magnesium: 52.2mg (13.05%), Zinc: 1.69mg (11.25%), Calcium: 91.03mg (9.1%), Vitamin B6: 0.15mg (7.48%), Manganese: 0.13mg (6.4%), Fiber: 1.5g (6.01%), Folate: 23.48µg (5.87%), Iron: 1.03mg (5.7%), Vitamin E: 0.75mg

(4.97%), Vitamin B2: 0.08mg (4.73%), Vitamin K: 4.89µg (4.66%), Vitamin B3: 0.84mg (4.19%), Vitamin B1: 0.04mg (2.86%), Vitamin B5: 0.17mg (1.68%)