



Classic Shrimp Cocktail with Red and Green Sauces



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons almonds sliced
- ☐ 1 bay leaf
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers drained
- ☐ 0.8 cup bottled chili sauce (such as Heinz)
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons olive oil extravirgin

- ☐ 1.5 cups flat-leaf parsley leaves fresh packed
- ☐ 1 cup basil leaves fresh packed
- ☐ 1 garlic clove peeled
- ☐ 2 tablespoons horseradish prepared
- ☐ 2 pounds shrimp deveined peeled
- ☐ 0.3 cup catsup
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 onion cut into 8 wedges
- ☐ 3 drops pepper sauce hot (such as Tabasco; optional)
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon salt
- ☐ 3 tablespoons water cold
- ☐ 4 quarts water

Equipment

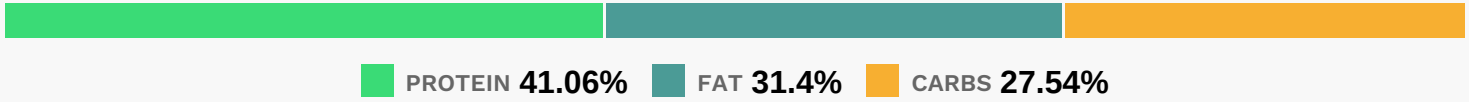
- ☐ bowl
- ☐ blender
- ☐ dutch oven

Directions

- ☐ To prepare shrimp, combine first 5 ingredients in a Dutch oven. Bring to a boil and cook, covered, 5 minutes.
- ☐ Add shrimp; cook, uncovered, 3 minutes or until shrimp are done.
- ☐ Drain; discard bay leaf and onion. Rinse shrimp with cold water. Chill 1 hour.
- ☐ To prepare salsa verde, combine flat-leaf parsley and the next 10 ingredients (through garlic clove) in a blender. Process until smooth.
- ☐ Pour into a bowl; cover and chill.

- ☐ To prepare horseradish sauce, combine chili sauce, ketchup, horseradish, and 2 tablespoons juice.
- ☐ Add hot pepper sauce, if desired. Cover and chill.
- ☐ Serve shrimp with sauces.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:13.83217387614%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 112.48kcal (5.62%), Fat: 3.92g (6.03%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 6.56g (2.38%), Sugar: 4.13g (4.59%), Cholesterol: 95.25mg (31.75%), Sodium: 1397.37mg (60.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.06%), Vitamin K: 134.26µg (127.87%), Selenium: 23.11µg (33.02%), Phosphorus: 211.37mg (21.14%), Vitamin A: 1018.02IU (20.36%), Vitamin C: 15.85mg (19.21%), Vitamin E: 2.14mg (14.28%), Vitamin B12: 0.84µg (13.99%), Copper: 0.26mg (12.86%), Vitamin B3: 1.88mg (9.42%), Vitamin B6: 0.19mg (9.34%), Folate: 33.58µg (8.39%), Magnesium: 33.52mg (8.38%), Calcium: 77.46mg (7.75%), Potassium: 245.66mg (7.02%), Zinc: 0.99mg (6.58%), Manganese: 0.12mg (6%), Iron: 0.98mg (5.47%), Fiber: 1.18g (4.71%), Vitamin B2: 0.06mg (3.54%), Vitamin B1: 0.05mg (3.2%), Vitamin B5: 0.3mg (2.98%)