



Cocktel de Camarones (Shrimp Cocktail)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup avocado diced peeled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup cucumber english peeled chopped
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 teaspoons hot sauce mexican-style
- ☐ 1 cup ice cubes
- ☐ 5 tablespoons juice of lime fresh divided

- ☐ 6 lime wedges
- ☐ 1 cup onion diced
- ☐ 1 sprig oregano fresh
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 cup tomatoes seeded chopped
- ☐ 1 cup sacramento tomato juice

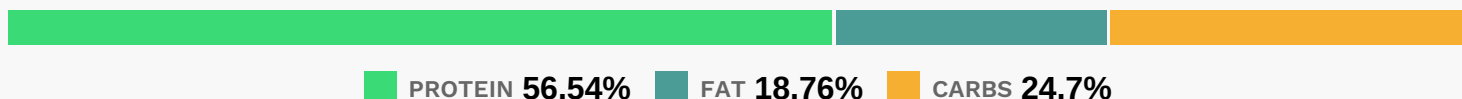
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine broth, 1 tablespoon lime juice, and oregano in a large saucepan; bring to a simmer. Cook 5 minutes. Discard oregano.
- ☐ Add shrimp to pan; cook 3 minutes or until done.
- ☐ Transfer shrimp mixture to a large bowl. Stir in ice, tomato juice, and hot sauce.
- ☐ Let stand 1 minute or until ice melts. Stir in remaining 1/4 cup lime juice, onion, tomato, cucumber, pepper, and salt. Cool. Cover and chill.
- ☐ Stir in cilantro. Divide shrimp mixture evenly among 6 bowls; top with avocado.
- ☐ Garnish with lime wedges.
- ☐ Wine note: One wine has a lot to match in this bold shrimp cocktail. Lime, tomato, hot sauce, shrimp, avocado--they all impact wine differently. With so many elements at play, serve a simple, dry, refreshing white that's flexible with all sorts of seafood. One of the best is albario, the snappy, stylish white from Spain. Try Nora Albario 2005 from Rias Baixas, Spain (\$15). -- Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:39.56, Glycemic Load:1.9, Inflammation Score:-7, Nutrition Score:10.871304408364%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg 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: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 8.86mg, Hesperetin: 8.86mg, Hesperetin: 8.86mg, Hesperetin: 8.86mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 164.03kcal (8.2%), Fat: 3.65g (5.61%), Saturated Fat: 0.55g (3.47%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 7.81g (2.84%), Sugar: 4.3g (4.78%), Cholesterol: 182.57mg (60.86%), Sodium: 587.3mg (25.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.74g (49.49%), Vitamin C: 25.16mg (30.49%), Phosphorus: 291.81mg (29.18%), Copper: 0.58mg (28.83%), Potassium: 670.71mg (19.16%), Magnesium: 61.74mg (15.43%), Zinc: 1.88mg (12.56%), Fiber: 3g (12%), Vitamin K: 12.55µg (11.95%), Manganese: 0.22mg (10.99%), Calcium: 108.44mg (10.84%), Folate: 37.68µg (9.42%), Vitamin A: 463.71IU (9.27%), Vitamin B6: 0.18mg (9.06%), Iron: 1.41mg (7.84%), Vitamin B3: 1.29mg (6.46%), Vitamin B5: 0.61mg (6.14%), Vitamin E: 0.8mg (5.3%), Vitamin B1: 0.07mg (4.86%), Vitamin B2: 0.08mg (4.66%), Selenium: 2.15µg (3.08%), Vitamin B12: 0.15µg (2.52%)