



Contemporary Shrimp Cocktail

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

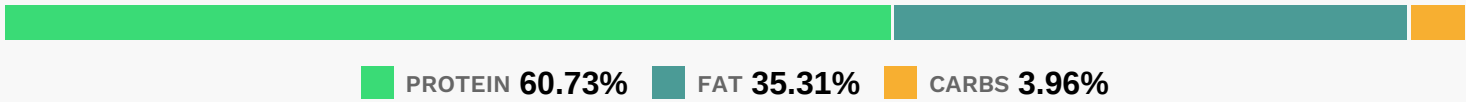
- ☐ 12 servings cup heavy whipping cream
- ☐ 12 servings ginger
- ☐ 12 servings lime
- ☐ 3 pounds shrimp with tails cooked peeled

Equipment

Directions

Place shrimp on a serving platter; serve with any or all of the sauces.

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:4.7356521435406%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 151.09kcal (7.55%), Fat: 6.02g (9.27%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.59g (0.66%), Cholesterol: 199.52mg (66.51%), Sodium: 139.39mg (6.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.3g (46.61%), Phosphorus: 253.31mg (25.33%), Copper: 0.45mg (22.71%), Magnesium: 42.02mg (10.5%), Zinc: 1.57mg (10.47%), Potassium: 329.06mg (9.4%), Calcium: 85.1mg (8.51%), Vitamin A: 224IU (4.48%), Iron: 0.66mg (3.66%), Vitamin C: 2.23mg (2.7%), Manganese: 0.04mg (2.14%), Vitamin B2: 0.03mg (1.78%), Vitamin D: 0.24µg (1.6%), Vitamin E: 0.16mg (1.06%)