



Cook the Book: Mexican-Style Shrimp Cocktail



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado pitted ripe sliced
- ☐ 0.8 cup bottled clam juice
- ☐ 24 tortilla chips (standard issue saltines or artisanal crackers)
- ☐ 0.5 cup cilantro leaves fresh thick loosely packed chopped () (bottom stems cut off)
- ☐ 0.3 cup hot sauce (such as Valentina or Tamazula)
- ☐ 0.8 cup catsup
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 lime cut into wedges

- ☐ 4 servings salt
- ☐ 1 small onion white cut into 1/4-inch pieces

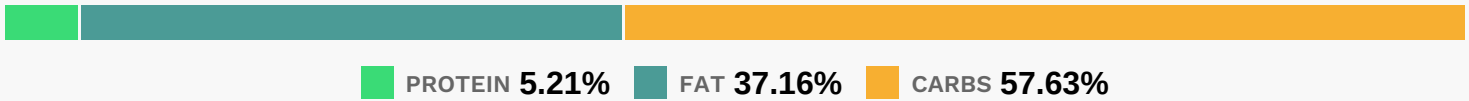
Equipment

- ☐ bowl

Directions

- ☐ Serve the cocktail in small bowls topped with slices of avocado, accompanied by saltine crackers (for a very authentic touch) or tortilla chips and lime wedges for your guests to squeeze on.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.56, Inflammation Score:-7, Nutrition Score:11.251739179311%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 15.08mg, Hesperetin: 15.08mg, Hesperetin: 15.08mg, Hesperetin: 15.08mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 253.14kcal (12.66%), Fat: 11.4g (17.54%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 33.78g (12.28%), Sugar: 13.17g (14.63%), Cholesterol: 0mg (0%), Sodium: 1223.97mg (53.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.19%), Vitamin C: 34.14mg (41.38%), Fiber: 6.02g (24.07%), Vitamin K: 22.54µg (21.47%), Vitamin E: 2.54mg (16.95%), Vitamin B6: 0.32mg (16.22%), Potassium: 542.96mg (15.51%), Folate: 59.36µg (14.84%), Vitamin A: 550.96IU (11.02%), Vitamin B5: 1.1mg (11.01%), Vitamin B2: 0.19mg (10.94%), Magnesium: 43.4mg (10.85%), Copper: 0.2mg (10.18%), Phosphorus: 97.97mg (9.8%), Vitamin B3: 1.93mg (9.65%), Manganese: 0.17mg (8.65%), Vitamin B1: 0.1mg (6.66%), Iron: 1.13mg (6.26%), Calcium: 54.2mg (5.42%), Zinc: 0.78mg (5.21%), Selenium: 1.73µg (2.48%)