



Cool Lime Shrimp Bites

READY IN



15 min.

SERVINGS



15

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp cilantro leaves chopped
- 0.3 cup knudsen cream sour
- 1 Tbsp juice of lime
- 1 tsp lime zest
- 0.3 cup real mayo mayonnaise kraft
- 24 ritz crackers
- 0.5 lb shrimp cooked coarsely chopped
- 0.3 cup tomatoes seeded chopped

Equipment

bowl

Directions

Mix first 4 ingredients in medium bowl. Stir in shrimp.

Spoon onto crackers; top with tomatoes and cilantro.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.7021739082816%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 70.19kcal (3.51%), Fat: 4.73g (7.28%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 3.29g (1.2%), Sugar: 0.63g (0.7%), Cholesterol: 28.17mg (9.39%), Sodium: 85.39mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Vitamin K: 8.91µg (8.49%), Phosphorus: 49.94mg (4.99%), Copper: 0.07mg (3.42%), Calcium: 21.71mg (2.17%), Vitamin E: 0.32mg (2.15%), Magnesium: 7mg (1.75%), Manganese: 0.03mg (1.74%), Iron: 0.31mg (1.74%), Zinc: 0.26mg (1.7%), Potassium: 58.64mg (1.68%), Vitamin B1: 0.02mg (1.57%), Vitamin B3: 0.25mg (1.27%), Vitamin B2: 0.02mg (1.21%), Folate: 4.39µg (1.1%), Vitamin A: 51.16IU (1.02%)