



Cool Mexican Shrimp Cocktail

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados pitted peeled chopped
- 2 cucumbers seeded cut into bite-size pieces
- 2 cloves garlic minced
- 0.5 teaspoon horseradish prepared
- 1 jalapeno seeded chopped
- 2 dashes pepper sauce hot tabasco® (such as)
- 0.5 onion red chopped
- 0.5 teaspoon salt

- 1 pound shrimp deveined cooked peeled
- 46 fluid ounce tomato-vegetable juice cocktail
- 0.5 cup tomatoes fresh chopped

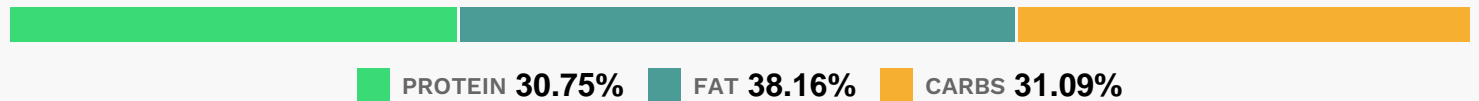
Equipment

- bowl

Directions

- Pour tomato-vegetable juice cocktail into a bowl. Gently stir in shrimp, cucumbers, avocados, canned diced tomatoes, fresh tomatoes, red onion, jalapeno pepper, garlic, horseradish, salt, and hot pepper sauce until thoroughly combined. Chill in refrigerator and serve in martini glasses.

Nutrition Facts



Properties

Glycemic Index:31.04, Glycemic Load:2.91, Inflammation Score:-8, Nutrition Score:14.573478310005%

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 Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 172.7kcal (8.64%), Fat: 7.92g (12.18%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 9.64g (3.51%), Sugar: 8.06g (8.96%), Cholesterol: 91.29mg (30.43%), Sodium: 237.73mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.72%), Vitamin C: 42.73mg (51.79%), Potassium: 925.05mg (26.43%), Copper: 0.49mg (24.28%), Folate: 88.59µg (22.15%), Phosphorus: 199.75mg (19.98%), Vitamin K: 20.97µg (19.97%), Vitamin A: 989.18IU (19.78%), Fiber: 4.88g (19.5%), Vitamin B6: 0.39mg (19.44%), Magnesium: 64.37mg (16.09%), Manganese: 0.3mg (14.92%), Vitamin B5: 1.33mg (13.3%), Vitamin E: 1.72mg (11.48%), Vitamin B3: 2.14mg (10.69%), Zinc: 1.51mg (10.04%), Vitamin B1: 0.15mg (9.71%), Iron: 1.53mg (8.48%), Vitamin B2: 0.14mg

(8.39%), Calcium: 74.17mg (7.42%), Selenium: 0.94µg (1.35%)