



Cool & Spicy Asian Shrimp Cocktail



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon asian fish sauce
- ☐ 5 cup ice cubes crushed
- ☐ 0.5 cup ponzu sauce divided
- ☐ 1 pinch radish sprouts
- ☐ 1 tablespoon rice vinegar
- ☐ 1 cup sake
- ☐ 1 pound shrimp with tails in tact, deveined peeled
- ☐ 1 tablespoon soya sauce

- ☐ 1 tablespoon chili sauce sweet
- ☐ 2 cup water

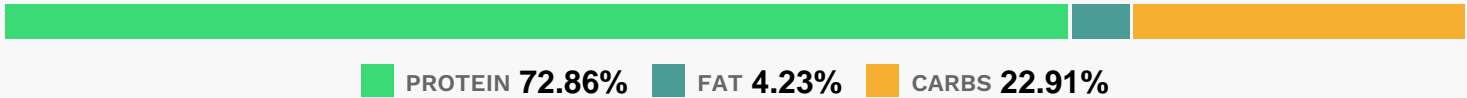
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ stove
- ☐ slotted spoon

Directions

- ☐ Put the crushed ice in a large bowl set near the stove.Bring water, sake, fresh ginger, fish sauce, 2 teaspoons ponzu sauce to a boil in a large saucepan.
- ☐ Add shrimp and cook just until they turn pink, about 1 ½ to 2 minutes.
- ☐ Remove from water quickly using a slotted spoon and bury them in the ice-filled bowl to stop cooking. Once completely chilled, drain away the remaining ice and dry the shrimp well. refrigerate the shrimp, covered, until ready to serve.Stir the remaining ½ cup ponzu sauce, soy sauce, sweet chili sauce, rice vinegar and chili slices (if using) in a small bowl.
- ☐ Let the flavor come together about 10 minutes.Arrange the shrimp in small individual bowls.
- ☐ Drizzle the sauce evenly on top each serving.
- ☐ Garnish with pickled ginger and radish sprouts, if using.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:4.810000071626%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Nutrients (% of daily need)

Calories: 200.41kcal (10.02%), Fat: 0.62g (0.95%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 7.44g (2.7%), Sugar: 2.27g (2.53%), Cholesterol: 182.57mg (60.86%), Sodium: 1474.49mg (64.11%), Alcohol: 9.66g (100%), Alcohol %: 1.93% (100%), Protein: 23.84g (47.67%), Copper: 0.52mg (26.19%), Phosphorus: 252.88mg (25.29%), Magnesium: 57.25mg (14.31%), Zinc: 1.6mg (10.69%), Potassium: 337.17mg (9.63%), Calcium: 91.2mg (9.12%), Iron: 0.8mg (4.42%), Manganese: 0.07mg (3.66%), Selenium: 1.31µg (1.87%), Vitamin B3: 0.29mg (1.44%), Vitamin B6: 0.03mg (1.38%)