



Easy Shrimp Platter



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



12 oz cocktail sauce



5 lb ice cubes



3 lemons cut into wedges



3 limes cut into wedges



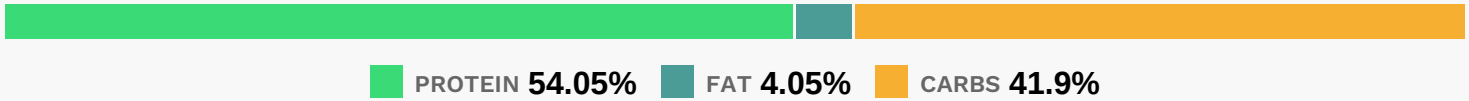
2 lb shrimp cooked peeled

Equipment

Directions

- ☐ Pour ice into a waterproof serving tray or platter with about 2-inch sides. Pile shrimp, limes, and lemons on top of ice.
- ☐ Serve with cocktail sauce.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:1.72, Inflammation Score:-3, Nutrition Score:8.963043352832%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 29.47mg, Hesperetin: 29.47mg, Hesperetin: 29.47mg, Hesperetin: 29.47mg Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 223.4kcal (11.17%), Fat: 1.06g (1.63%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 22.15g (8.05%), Sugar: 15.01g (16.68%), Cholesterol: 243.43mg (81.14%), Sodium: 880.96mg (38.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.73g (63.46%), Vitamin C: 38.37mg (46.51%), Copper: 0.69mg (34.67%), Phosphorus: 338.23mg (33.82%), Magnesium: 63.03mg (15.76%), Potassium: 507.85mg (14.51%), Zinc: 2.13mg (14.22%), Calcium: 133.2mg (13.32%), Fiber: 2.45g (9.8%), Iron: 1.31mg (7.28%), Manganese: 0.07mg (3.44%), Vitamin B6: 0.06mg (2.88%), Folate: 8.62µg (2.15%), Vitamin B1: 0.03mg (2.11%), Vitamin B5: 0.18mg (1.75%), Vitamin B2: 0.02mg (1.03%), Vitamin E: 0.15mg (1.03%)