



## Entertaining Shrimp Cocktail Platter

 **Gluten Free**

READY IN



**5 min.**

SERVINGS



**4**

CALORIES



**163 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

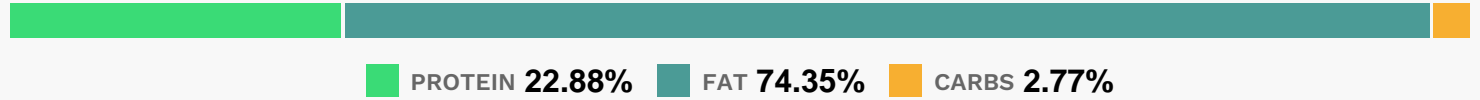
- 0.3 cup knudsen cream sour
- 2 tsp grey poupon dijon mustard
- 1 green onion finely chopped
- 0.5 tsp lemon zest
- 0.3 cup real mayo mayonnaise kraft
- 4 servings shrimp with lemon seafood sauce
- 6 oz shrimp frozen thawed cleaned cooked drained

### Equipment

## Directions

- Mix first 5 ingredients.
- Serve with shrimp.

## Nutrition Facts



## Properties

Glycemic Index:28.5, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.7617391127607%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 163.26kcal (8.16%), Fat: 13.57g (20.88%), Saturated Fat: 3.14g (19.63%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.69g (0.76%), Cholesterol: 84.44mg (28.15%), Sodium: 173.15mg (7.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.8%), Vitamin K: 29.28µg (27.89%), Phosphorus: 110.85mg (11.08%), Copper: 0.18mg (9%), Calcium: 47.56mg (4.76%), Magnesium: 18.65mg (4.66%), Zinc: 0.68mg (4.53%), Potassium: 148.1mg (4.23%), Vitamin E: 0.54mg (3.6%), Vitamin A: 130.47IU (2.61%), Selenium: 1.72µg (2.46%), Iron: 0.35mg (1.96%), Vitamin B2: 0.03mg (1.83%), Manganese: 0.03mg (1.61%), Vitamin C: 1.03mg (1.24%)