



Grandpa Jim's Shrimp Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

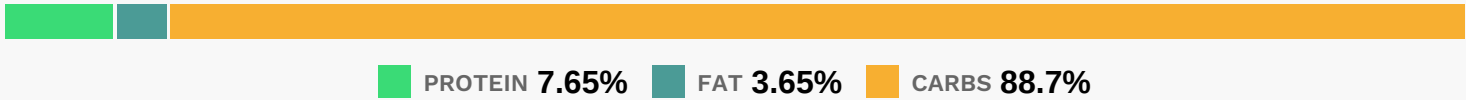
- ☐ 0.5 cup chili sauce
- ☐ 0.3 cup horseradish prepared
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.3 cup catsup
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons worcestershire sauce

Equipment

Directions

- ☐
- Stir together all ingredients until blended. Cover and chill until ready to serve.
- ☐
- Grandpa Jim's Salad Dressing: Stir together equal parts of mayonnaise and Grandpa Jim's Shrimp Sauce.
- ☐
- Serve over salad greens tossed with shrimp, sliced onion, diced celery, and diced hard-cooked eggs, if desired.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:3.18391303135%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 51.96kcal (2.6%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 11.15g (4.06%), Sugar: 8.65g (9.62%), Cholesterol: 0mg (0%), Sodium: 728.47mg (31.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin C: 11.86mg (14.38%), Potassium: 207.84mg (5.94%), Vitamin A: 271.02IU (5.42%), Vitamin E: 0.77mg (5.14%), Fiber: 1.28g (5.1%), Vitamin B6: 0.08mg (4.22%), Vitamin B3: 0.75mg (3.74%), Folate: 14.4µg (3.6%), Copper: 0.06mg (3.22%), Vitamin B2: 0.05mg (3.13%), Magnesium: 10.46mg (2.62%), Iron: 0.45mg (2.52%), Phosphorus: 25.08mg (2.51%), Manganese: 0.05mg (2.5%), Vitamin K: 2.3µg (2.19%), Vitamin B1: 0.03mg (2.04%), Calcium: 19.65mg (1.97%), Zinc: 0.21mg (1.41%), Selenium: 0.88µg (1.26%)