



Greek Shrimp Cocktail with Lemon-Yogurt Cream

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup cucumber seeded finely chopped
- 2 teaspoons olive oil extravirgin
- 0.5 cup yogurt plain fat-free
- 1.5 ounces feta crumbled reduced-fat
- 3 tablespoons flat-leaf parsley fresh divided finely chopped
- 1.5 tablespoons mint leaves fresh finely chopped

- 2 garlic cloves minced
- 1 teaspoon honey
- 2 tablespoons kalamata olives pitted chopped
- 2 teaspoons juice of lemon fresh
- 1 teaspoon lemon rind grated
- 8 lemon wedges
- 0.5 teaspoon oregano dried
- 0.3 cup onion red finely chopped
- 1 tablespoon red wine vinegar
- 1 pound shrimp deveined peeled
- 1 cup tomatoes seeded finely chopped
- 1 cup vegetable broth organic (such as Swanson Certified)
- 3 cups water

Equipment

- bowl
- sauce pan
- whisk

Directions

- Combine 3 cups water and broth in a medium saucepan; bring to a boil.
- Add shrimp; cook 3 minutes or until done.
- Drain and rinse under cold water; drain.
- Combine 2 tablespoons parsley, mint, and next 4 ingredients (through garlic), stirring with a whisk. Stir in cucumber and next 4 ingredients (through olives).
- Add shrimp, tossing gently to combine.
- Sprinkle with black pepper.
- Combine yogurt, rind, juice, and honey in a small bowl, stirring with a whisk.
- Serve over shrimp mixture.

Sprinkle with remaining 1 tablespoon parsley; serve with lemon wedges.

Nutrition Facts

PROTEIN 53.62% **FAT 20.92%** **CARBS 25.46%**

Properties

Glycemic Index:37.72, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:6.6921738230664%

Flavonoids

Eriodictyol: 4.2mg, Eriodictyol: 4.2mg, Eriodictyol: 4.2mg, Eriodictyol: 4.2mg Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 100.15kcal (5.01%), Fat: 2.45g (3.76%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 5.46g (1.99%), Sugar: 3.79g (4.22%), Cholesterol: 94.44mg (31.48%), Sodium: 283.22mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.21%), Vitamin K: 28.84µg (27.47%), Vitamin C: 16.48mg (19.98%), Phosphorus: 161.05mg (16.1%), Copper: 0.28mg (14.11%), Calcium: 89.04mg (8.9%), Potassium: 310.4mg (8.87%), Vitamin A: 411.6IU (8.23%), Magnesium: 32.18mg (8.05%), Zinc: 1.04mg (6.93%), Manganese: 0.11mg (5.33%), Fiber: 1.24g (4.94%), Iron: 0.75mg (4.17%), Folate: 13.93µg (3.48%), Vitamin B6: 0.07mg (3.35%), Vitamin B2: 0.05mg (3.23%), Vitamin E: 0.39mg (2.61%), Vitamin B1: 0.03mg (2.24%), Vitamin B5: 0.21mg (2.14%), Vitamin B12: 0.09µg (1.56%), Selenium: 0.81µg (1.16%), Vitamin B3: 0.21mg (1.07%)