



WHATSheATE



Grilled Shrimp Cocktail



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup chives minced
- ☐ 0.5 cup olive oil extra virgin
- ☐ 4 garlic clove grated peeled
- ☐ 2 tablespoons granulated sugar
- ☐ 2 tablespoons horseradish
- ☐ 2 tablespoons horseradish freshly grated (see Note)
- ☐ 1 tablespoon hot sauce
- ☐ 3 cups ice cubes

- ☐ 2 juice of lemon
- ☐ 2 cups catsup
- ☐ 8 servings kosher salt
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 2 optional: lemon cut into 4 wedges
- ☐ 8 servings pepper black freshly ground
- ☐ 2 medium shallots grated peeled
- ☐ 8 shrimp unpeeled
- ☐ 0.3 cup vegetable oil
- ☐ 8 cups water
- ☐ 1.5 tablespoons worcestershire sauce

Equipment

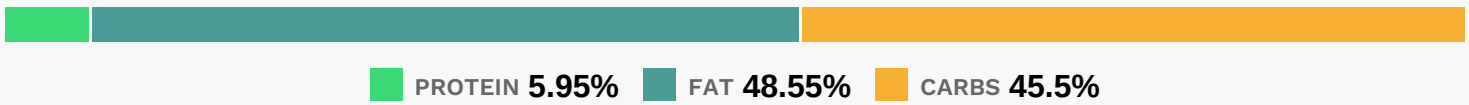
- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ grill
- ☐ kitchen scissors

Directions

- ☐ Stir together all of the cocktail sauce ingredients in a medium bowl and refrigerate for at least 2 hours, but preferably overnight for the flavors to develop.
- ☐ Combine all of the brine ingredients in a large bowl and stir to dissolve the salt and sugar.
- ☐ Cut the lemons in half, squeeze the juice into the brine, and add the whole lemons as well. Stir in the garlic, followed by the ice.
- ☐ For each of the shrimp, using a paring knife, cut along the curve of the back of the shrimp, and remove the vein, keeping the shells intact. Clip the feet off with a small pair of scissors.
- ☐ Place the shrimp in the brine and refrigerate for 1 hour.
- ☐ Preheat all grates of a well-oiled charcoal or gas grill to medium.

- ☐ Remove the shrimp from the brine and lightly pat dry with paper towels.
- ☐ In a bowl, toss the shrimp in the canola oil.
- ☐ In a separate bowl, combine the olive oil, lemon juice, and chives. Set aside.
- ☐ Place the shrimp on the grate, close the lid, and grill for 4 minutes. Flip to the second side and grill for 4 minutes.
- ☐ Remove from the grill and immediately place in the bowl with the olive oil mixture, tossing to coat. Season with salt and pepper and serve with cocktail sauce and lemon wedges on the side.
- ☐ Fresh horseradish is available in many markets and is worth seeking out. If you can't find it, the sauce won't have that extra punch, but it'll still have great flavor. Use additional bottled horseradish to taste.
- ☐ Reprinted with permission from Serious Barbecue: Smoke, Char, Baste, &
- ☐ Brush Your Way to Great Outdoor Cooking by Adam Perry Lang with JJ Goode and Amy Vogler, © 2009 Hyperion

Nutrition Facts



Properties

Glycemic Index:33.45, Glycemic Load:3.07, Inflammation Score:-5, Nutrition Score:6.7634782376497%

Flavonoids

Eriodictyol: 6.32mg, Eriodictyol: 6.32mg, Eriodictyol: 6.32mg, Eriodictyol: 6.32mg Hesperetin: 9.16mg, Hesperetin: 9.16mg, Hesperetin: 9.16mg, Hesperetin: 9.16mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 206.91kcal (10.35%), Fat: 12.07g (18.57%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 24.06g (8.75%), Sugar: 17.9g (19.89%), Cholesterol: 16.1mg (5.37%), Sodium: 868.09mg (37.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Vitamin C: 25.38mg (30.77%), Vitamin K: 23.15µg (22.05%), Vitamin E: 2.08mg (13.85%), Potassium: 312.96mg (8.94%), Copper: 0.18mg (8.83%), Vitamin B6: 0.17mg

(8.45%), Vitamin A: 374.99IU (7.5%), Vitamin B2: 0.12mg (6.95%), Manganese: 0.14mg (6.95%), Fiber: 1.39g (5.55%), Magnesium: 21.28mg (5.32%), Phosphorus: 52.4mg (5.24%), Vitamin B3: 0.97mg (4.84%), Calcium: 45.29mg (4.53%), Iron: 0.78mg (4.31%), Folate: 16.61µg (4.15%), Zinc: 0.38mg (2.54%), Vitamin B1: 0.03mg (2.07%), Selenium: 0.98µg (1.4%), Vitamin B5: 0.13mg (1.32%)