



Halloween Shrimp Cocktail Brain

 Dairy Free

READY IN



505 min.

SERVINGS



1

CALORIES



1407 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 ounces asian bean thread vermicelli noodles
- 8 ounce water chestnuts chopped to taste canned
- 1 stalk celery chopped to taste
- 0.3 ounce gelatin powder unflavored
- 1 gelatin mold brain-shaped
- 8 ounce cocktail sauce
- 2 pounds shrimp - cooked peeled chopped
- 0.5 cup water cold

Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap

Directions

- Sprinkle gelatin over 1/2 cup cold water in a bowl and set aside to soften.
- Place bean thread noodles in heatproof bowl and top with 4 cups boiling water or amount needed to cover. Allow noodles to soften for 5 minutes.
- Pour 1 jar cocktail sauce into a saucepan and bring to a boil over medium heat. Stir in softened gelatin; cook, stirring frequently, until completely melted.
- Remove pan from heat.
- Combine shrimp, celery, and water chestnuts in a large bowl.
- Drain noodles and shake off excess water; add to bowl.
- Add warmed gelatin mixture and stir until well combined.
- Lightly grease gelatin mold. Press mixture firmly into mold, making sure all gaps are filled. Cover filled mold with plastic wrap and refrigerate overnight.
- Invert mold onto a serving platter (see Cook's Notes).
- Drizzle cocktail sauce around the edges to create pool of "blood."

Nutrition Facts

 **PROTEIN 55.35%**  **FAT 3.3%**  **CARBS 41.35%**

Properties

Glycemic Index:32, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:33.380869709927%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 1406.65kcal (70.33%), Fat: 5.16g (7.94%), Saturated Fat: 1g (6.27%), Carbohydrates: 145.53g (48.51%), Net Carbohydrates: 135.83g (49.39%), Sugar: 61.63g (68.48%), Cholesterol: 1460.57mg (486.86%), Sodium: 3886.34mg (168.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 194.78g (389.56%), Copper: 4.14mg (207.15%), Phosphorus: 2035.78mg (203.58%), Zinc: 13.74mg (91.63%), Magnesium: 344.3mg (86.07%), Potassium: 2921.82mg (83.48%), Calcium: 628.83mg (62.88%), Iron: 8.89mg (49.41%), Fiber: 9.7g (38.79%), Manganese: 0.76mg (37.84%), Vitamin B6: 0.61mg (30.69%), Selenium: 9.21µg (13.16%), Vitamin E: 1.93mg (12.88%), Vitamin K: 12.4µg (11.81%), Folate: 38.09µg (9.52%), Vitamin B1: 0.11mg (7.52%), Vitamin B2: 0.13mg (7.5%), Vitamin B3: 1.49mg (7.47%), Vitamin C: 5.78mg (7%), Vitamin B5: 0.65mg (6.52%), Vitamin A: 179.6IU (3.59%)