



## 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

4 cups water boiling or as needed

## 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:-3, Nutrition Score:33.634783091752%

## 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: 3933.66mg (171.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 194.78g (389.56%), Copper: 4.29mg (214.72%), Phosphorus: 2035.78mg (203.58%), Zinc: 13.84mg (92.26%), Magnesium: 353.76mg (88.44%), Potassium: 2921.82mg (83.48%), Calcium: 657.22mg (65.72%), 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%)