



Holiday Shrimp Wreath with Cocktail Dip



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



10

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 serving clear candies green



1 head salad leaves curly endive



1.5 lb oxtail frozen thawed cooked (40 shrimp)



2 tablespoons juice of lemon



1 teaspoon seafood seasoning



1 cup fruit cocktail



0.5 cup cucumber peeled seeded finely chopped



0.5 teaspoon lemon zest grated

☐

1 frangelico thick

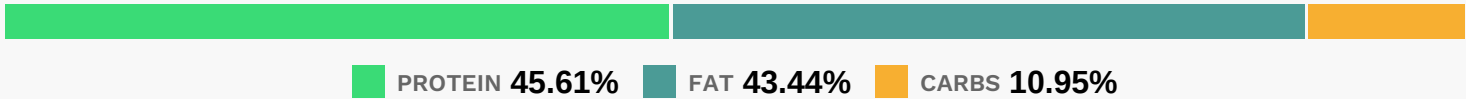
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Cut four 18-inch-long sheets of plastic wrap; fold in half lengthwise. Cover wreath with plastic wrap by pulling wrap through center and around wreath, overlapping plastic to cover wreath completely.
- ☐ Place on serving plate. Cover wreath with lettuce leaves.
- ☐ In large bowl, toss shrimp, lemon juice and seafood seasoning. Arrange shrimp on wreath, using the natural curve of the shrimp to cover the outside edge of the wreath.
- ☐ In small bowl, mix remaining ingredients; spoon into serving bowl.
- ☐ Place bowl of sauce in middle of wreath for dipping. Cover and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:1.87, Inflammation Score:-7, Nutrition Score:7.3969564437866%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 189.17kcal (9.46%), Fat: 9.12g (14.03%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 3.94g (1.43%), Sugar: 3.71g (4.12%), Cholesterol: 74.84mg (24.95%), Sodium: 143.84mg (6.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.55g (43.1%), Vitamin K: 69.98µg (66.64%), Vitamin A: 1352.66IU (27.05%), Iron: 3.06mg (16.98%), Vitamin C: 7.41mg (8.98%), Manganese: 0.15mg (7.57%), Folate: 27.41µg

(6.85%), Fiber: 1.23g (4.94%), Copper: 0.09mg (4.53%), Vitamin E: 0.64mg (4.27%), Calcium: 40.9mg (4.09%), Potassium: 130.12mg (3.72%), Vitamin B5: 0.3mg (2.97%), Magnesium: 9.43mg (2.36%), Vitamin B6: 0.04mg (2.18%), Vitamin B2: 0.03mg (1.75%), Phosphorus: 15.27mg (1.53%), Vitamin B1: 0.02mg (1.42%), Vitamin B3: 0.22mg (1.08%)