



Hot and Peppery Cocktail Shrimp

 Gluten Free  Dairy Free

READY IN



257 min.

SERVINGS



12

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper red crushed
- 2 garlic clove finely chopped
- 0.3 cup spring onion chopped
- 0.3 cup juice of lime
- 2 teaspoons lime zest grated
- 1 tablespoon soy sauce reduced-sodium
- 0.3 teaspoon pepper
- 2 teaspoons sesame oil

1.5 pounds shrimp deveined uncooked peeled

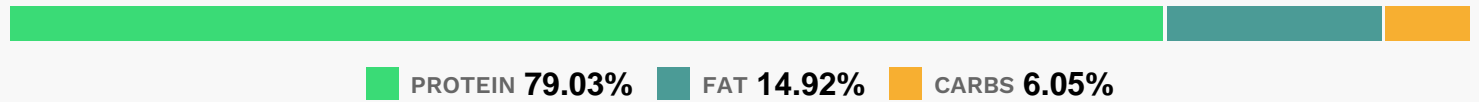
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Mix all ingredients except oil in large glass or plastic bowl. Cover and refrigerate 4 hours.
- Heat oven to 400F. Spray rectangular pan, 13x9x2 inches, with cooking spray. Arrange shrimp in single layer in pan.
- Bake 10 to 12 minutes or until shrimp are pink and firm.
- Drizzle with oil.
- Serve hot with toothpicks.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.5434782764186%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 57.78kcal (2.89%), Fat: 0.97g (1.5%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.15g (0.17%), Cholesterol: 91.29mg (30.43%), Sodium: 116.35mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.24%), Phosphorus: 125.98mg (12.6%), Copper: 0.23mg (11.4%), Magnesium: 21.83mg (5.46%), Zinc: 0.79mg (5.27%), Potassium: 169.33mg (4.84%), Vitamin K: 4.53µg

(4.32%), Calcium: 40.16mg (4.02%), Vitamin C: 2.16mg (2.61%), Manganese: 0.04mg (2.13%), Iron: 0.37mg (2.04%)