



WHATSheATE



Mexican Gazpacho Shrimp Cocktail



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 oz enchilada sauce red canned
- ☐ 1 oz suya seasoning mix
- ☐ 0.3 cup juice of lime fresh
- ☐ 12 oz shrimp frozen with tails left on, if desired), thawed if deveined cooked peeled
- ☐ 1 medium cucumber peeled cut in half lengthwise and crosswise into 1/2-inch slices
- ☐ 1 avocado peeled cut into 1-inch pieces
- ☐ 1 cup onion red ()
- ☐ 0.3 cup cilantro leaves fresh chopped

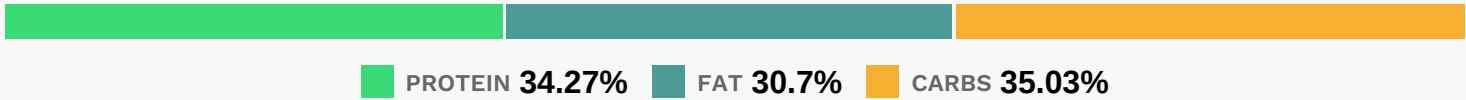
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In large bowl, mix enchilada sauce, seasoning mix and lime juice with whisk until smooth. Fold in remaining ingredients.
- ☐ Cover and refrigerate at least 1 hour but no longer than 2 hours, stirring once, to blend flavors.
- ☐ Serve in cocktail glasses.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:8.2286956543508%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 112.93kcal (5.65%), Fat: 4.13g (6.35%), Saturated Fat: 0.65g (4.03%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 6.25g (2.27%), Sugar: 4g (4.45%), Cholesterol: 68.46mg (22.82%), Sodium: 362.17mg (15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Vitamin K: 30.79µg (29.33%), Fiber: 4.35g (17.41%), Manganese: 0.27mg (13.71%), Copper: 0.27mg (13.26%), Phosphorus: 121.69mg (12.17%), Iron: 1.99mg (11.05%), Potassium: 353.59mg (10.1%), Vitamin C: 7.99mg (9.69%), Calcium: 96.33mg (9.63%), Magnesium: 37.49mg (9.37%), Folate: 37.13µg (9.28%), Vitamin E: 1.21mg (8.05%), Vitamin A: 389.34IU (7.79%), Vitamin B6: 0.14mg (7.1%), Zinc: 0.91mg (6.07%), Vitamin B5: 0.48mg (4.79%), Vitamin B2: 0.06mg (3.82%), Vitamin B3: 0.65mg (3.25%), Vitamin B1: 0.04mg (2.82%)