



Mexican Seafood Cocktail



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado pitted peeled cut into small chunks
- ☐ 0.3 lb baby shrimp cooked
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon hot sauce
- ☐ 1.5 cups sacramento tomato juice chilled
- ☐ 0.3 cup catsup
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup lump crab meat fresh picked over

- ☐ 1 teaspoon salt to taste
- ☐ 0.5 cup onion white finely chopped

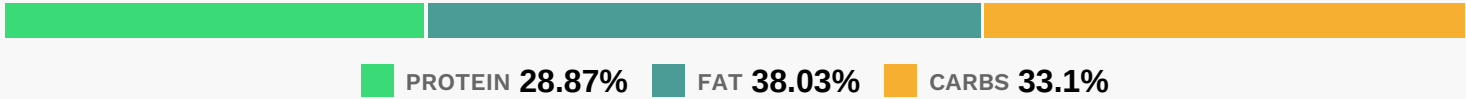
Equipment

- ☐ bowl

Directions

- ☐ Stir together Clamato juice, ketchup, lime juice, hot sauce, salt, onion, and cilantro in a large bowl, then gently stir in avocado, crabmeat, and shrimp. Spoon into 6- or 8-ounce glasses or cups.

Nutrition Facts



Properties

Glycemic Index:32.58, Glycemic Load:1.88, Inflammation Score:-7, Nutrition Score:18.140000071215%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 178.57kcal (8.93%), Fat: 8.03g (12.35%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 11.51g (4.18%), Sugar: 7.9g (8.77%), Cholesterol: 53.36mg (17.79%), Sodium: 1269.62mg (55.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.41%), Vitamin B12: 4.09µg (68.24%), Vitamin C: 32.29mg (39.14%), Selenium: 24.38µg (34.83%), Copper: 0.62mg (30.88%), Folate: 90.14µg (22.53%), Zinc: 3.31mg (22.08%), Phosphorus: 216.09mg (21.61%), Vitamin B6: 0.4mg (19.77%), Potassium: 665.92mg (19.03%), Fiber: 4.21g (16.83%), Vitamin K: 16.48µg (15.69%), Magnesium: 56.9mg (14.22%), Vitamin A: 698.55IU (13.97%), Vitamin B3: 2.73mg (13.63%), Vitamin E: 1.99mg (13.26%), Vitamin B5: 1.22mg (12.18%), Manganese: 0.21mg (10.38%), Vitamin B2: 0.15mg (8.88%), Vitamin B1: 0.12mg (7.73%), Iron: 1.11mg (6.17%), Calcium: 59.85mg (5.98%)