

Mexican Shrimp Cocktail

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound shrimp raw cooked
- 4 servings salt
- 1 cup onion red chopped
- 1 cup cucumber diced peeled
- 0.5 cup celery chopped
- 1 jalapeno minced
- 15 ounce canned tomatoes whole with their juices peeled chopped canned
- 0.5 cup catsup

- 0.3 cup cilantro leaves chopped
- 2 juice of lime
- 1 Tbsp hot sauce to taste (like Crystal or Tabasco)
- 1 avocado cut into chunks

Equipment

- bowl
- pot

Directions

- Peel, devein, and cook raw shrimp (if using): If you have pre-cooked, peeled and deveined shrimp you can skip to the next step. If you are working with raw shrimp, peel and devein them.
- If you have a little extra time and want your shrimp to be extra good, put the shells in 6 cups of cool salted water, bring to a boil, then strain the shell stock into a separate pot and cook the shrimp in that liquid.
- If you want to skip that step, just bring a medium pot salted water to a boil (a Tbsp salt for 2 quarts of water), add the shrimp, and cook for 2-3 minutes, until just cooked through. Reserve a cup of the cooking water and chill it.
- Cut half of the shrimp into large chunks, leaving the other half whole (for a more attractive presentation).
- Toss with other ingredients, chill:
- Put the chopped shrimp in a bowl with the chopped onions, cucumber, celery, jalapeño, tomatoes, ketchup, cilantro, lime juice and hot sauce. Gently stir to combine, and chill.
- Add some cooled shrimp cooking water: Once the cooking water has cooled at least to room temperature, add a little at a time to the shrimp cocktail, until the shrimp cocktail is the consistency you want (use clam stock or lightly salted water—a third of a teaspoon of salt dissolved into a cup of water—if you are starting with already cooked and peeled shrimp).
- Stir in salt, hot sauce, avocado: To serve, add salt and more hot sauce to taste and gently mix in the chopped avocados. Dip the whole shrimp in the cocktail and arrange them on top.
- Serve in parfait glasses or in small bowls with tortilla chips on the side.

Nutrition Facts

PROTEIN 29.47% FAT 31.85% CARBS 38.68%

Properties

Glycemic Index:44.5, Glycemic Load:1.37, Inflammation Score:-7, Nutrition Score:19.922608779824%

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: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg

Nutrients (% of daily need)

Calories: 236.4kcal (11.82%), Fat: 8.86g (13.62%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 18.37g (6.68%), Sugar: 12.02g (13.36%), Cholesterol: 142.88mg (47.63%), Sodium: 1362.39mg (59.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.44g (36.87%), Selenium: 34.41µg (49.15%), Vitamin C: 31.91mg (38.68%), Phosphorus: 356.28mg (35.63%), Vitamin B6: 0.58mg (28.92%), Vitamin E: 3.94mg (26.25%), Vitamin K: 25.04µg (23.85%), Potassium: 828.62mg (23.67%), Folate: 93.51µg (23.38%), Fiber: 5.83g (23.32%), Copper: 0.45mg (22.67%), Vitamin B3: 4.26mg (21.31%), Vitamin B12: 1.26µg (20.98%), Magnesium: 66.65mg (16.66%), Manganese: 0.32mg (15.86%), Vitamin A: 755.17IU (15.1%), Vitamin B5: 1.39mg (13.88%), Vitamin B2: 0.23mg (13.29%), Calcium: 127.2mg (12.72%), Zinc: 1.79mg (11.92%), Iron: 1.89mg (10.5%), Vitamin B1: 0.15mg (9.72%)