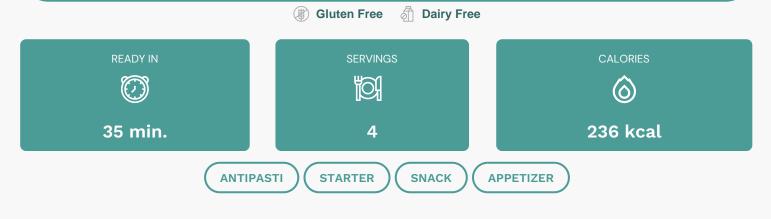


# **Mexican Shrimp Cocktail**



### **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		
$\Box$	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**

#### **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, Epicatechin: 0.19mg 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, Eriodictyol: 0.33mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Apigenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.07mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, 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, 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 %: O% (100%), Protein: 18.44g (36.87%), Selenium: 34.41µg (49.15%), Vitamin C: 31.91mg (38.68%), Phosphorus: 356.28mg (35.63%), Vitamin B6: O.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: O.45mg (22.67%), Vitamin B3: 4.26mg (21.31%), Vitamin B12: 1.26µg (20.98%), Magnesium: 66.65mg (16.66%), Manganese: O.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: O.15mg (9.72%)