



## Mexican Shrimp Cocktail



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves pressed
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 cup catsup
- ☐ 0.5 cup juice of lime fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 2 pounds shrimp fresh unpeeled
- ☐ 0.3 cup onion sweet minced
- ☐ 0.5 cup tomatoes chopped
- ☐ 6 cups water

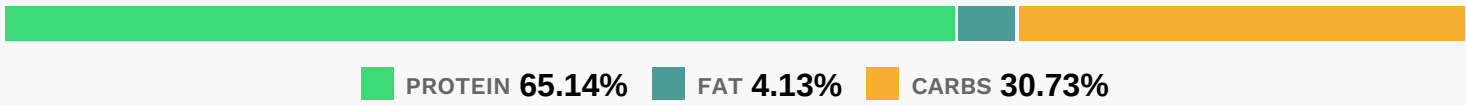
## Equipment

- ☐ sauce pan

## Directions

- ☐ Peel shrimp, and devein, if desired.
- ☐ Bring 6 cups water and next 4 ingredients to a boil in a large saucepan; add shrimp. Cook 2 to 3 minutes or just until shrimp turn pink.
- ☐ Drain shrimp, reserving 1/2 cup liquid.
- ☐ Stir together reserved liquid, ketchup, and next 3 ingredients. Stir in shrimp, tomato, and cilantro. Chill.
- ☐ Serve with avocado slices, lime wedges, and saltines, if desired.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:8.6821738922078%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Nutrients (% of daily need)

Calories: 182.57kcal (9.13%), Fat: 0.88g (1.35%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 14.18g (5.16%), Sugar: 9.64g (10.71%), Cholesterol: 243.43mg (81.14%), Sodium: 662.82mg (28.82%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.22g (62.44%), Phosphorus: 345.5mg (34.55%), Copper: 0.69mg (34.54%), Potassium: 594.04mg (16.97%), Magnesium: 65.49mg (16.37%), Vitamin C: 12.29mg (14.9%), Zinc: 2.19mg (14.63%), Calcium: 120.4mg (12.04%), Manganese: 0.17mg (8.28%), Vitamin A: 412.84IU (8.26%), Vitamin K: 6.79µg (6.47%), Iron: 1.07mg (5.93%), Vitamin B6: 0.11mg (5.65%), Vitamin E: 0.74mg (4.96%), Vitamin B2: 0.08mg (4.6%), Vitamin B3: 0.72mg (3.59%), Folate: 10.43µg (2.61%), Fiber: 0.54g (2.17%), Vitamin B1: 0.02mg (1.48%)