




 **58%**
HEALTH SCORE

Parsley Paprika Pesto Shrimp Cocktail Sauce


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




5 min.

SERVINGS



6

CALORIES



51 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 2 medium garlic cloves smashed
- 0.5 teaspoon kosher salt
- 0.5 cup olive oil
- 1 tablespoon paprika
- 3 cups parsley fresh italian packed
- 0.3 medium onion red finely chopped
- 0.3 cup red wine vinegar

Equipment

food processor

Directions

Watch how to make this recipe.

Place everything except oil in a food processor fitted with a blade attachment. With food processor running, slowly pour in oil until fully incorporated; season with additional salt, as desired. (Can be made up to 1 day ahead, covered and refrigerated.)

Serve with cooked and chilled shrimp.

Nutrition Facts

 **PROTEIN 8.71%**  **FAT 66.71%**  **CARBS 24.58%**

Properties

Glycemic Index:17.33, Glycemic Load:0.51, Inflammation Score:-9, Nutrition Score:12.588260930517%

Flavonoids

Apigenin: 64.65mg, Apigenin: 64.65mg, Apigenin: 64.65mg, Apigenin: 64.65mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 4.47mg, Myricetin: 4.47mg, Myricetin: 4.47mg, Myricetin: 4.47mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 51.13kcal (2.56%), Fat: 4g (6.15%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 212.61mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.35%), Vitamin K: 495.14µg (471.56%), Vitamin A: 3102.01IU (62.04%), Vitamin C: 40.61mg (49.23%), Iron: 2.2mg (12.22%), Folate: 47.07µg (11.77%), Vitamin E: 1.08mg (7.23%), Fiber: 1.5g (5.98%), Potassium: 207.46mg (5.93%), Calcium: 47.69mg (4.77%), Manganese: 0.09mg (4.71%), Magnesium: 18.19mg (4.55%), Vitamin B6: 0.07mg (3.49%), Copper: 0.06mg (2.95%), Vitamin B2: 0.05mg (2.71%), Zinc: 0.39mg (2.63%), Vitamin B3: 0.52mg (2.61%), Phosphorus: 24.72mg (2.47%), Vitamin B1: 0.03mg (2.25%), Vitamin B5: 0.16mg (1.61%)