



Party Shrimp

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

READY IN



45 min.

SERVINGS



12

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

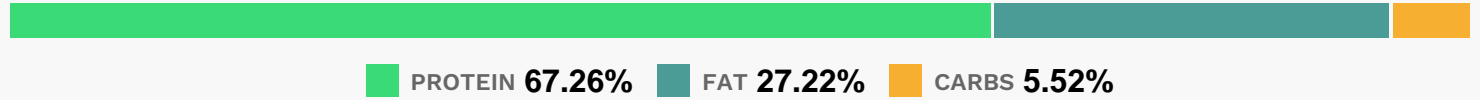
- 0.3 cup parsley fresh finely chopped
- 3 tablespoons green onions finely chopped
- 0.1 teaspoon ground pepper red
- 2 tablespoons juice of lemon
- 1 tablespoon olive oil extra-virgin
- 3 tablespoons onion red minced
- 0.3 teaspoon salt
- 1 pound shrimp cooked peeled

Equipment

Directions

Combine first 7 ingredients; add shrimp, tossing well. Cover and chill at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.224347854762%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 45.14kcal (2.26%), Fat: 1.39g (2.13%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 0.63g (0.21%), Net Carbohydrates: 0.48g (0.18%), Sugar: 0.22g (0.24%), Cholesterol: 60.86mg (20.29%), Sodium: 94.76mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.43%), Vitamin K: 31.17µg (29.68%), Phosphorus: 83.4mg (8.34%), Copper: 0.15mg (7.65%), Vitamin C: 3.67mg (4.44%), Magnesium: 14.8mg (3.7%), Zinc: 0.54mg (3.58%), Potassium: 119.83mg (3.42%), Vitamin A: 164.22IU (3.28%), Calcium: 28.37mg (2.84%), Iron: 0.34mg (1.88%), Vitamin E: 0.2mg (1.33%), Folate: 4.49µg (1.12%), Manganese: 0.02mg (1.08%)