



Roasted Shrimp Cocktail

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



8

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup heinz chili sauce
- 3 tablespoons horseradish prepared
- 0.5 cup heinz ketchup
- 0.5 teaspoon kosher salt
- 2 teaspoons lemon zest freshly squeezed for topping
- 1 tablespoon olive oil good
- 2 pounds shrimp (12 to 15 count)

0.3 teaspoon all the tabasco sauce you handle

0.5 teaspoon worcestershire sauce

Equipment

frying pan

oven

Directions

Preheat the oven to 400 degrees F.

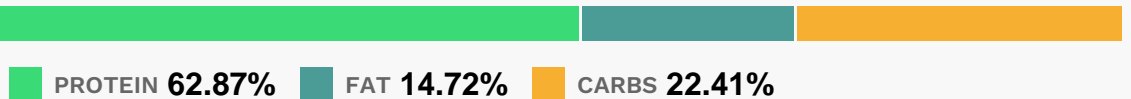
Peel and devein the shrimp, leaving the tails on.

Place on a sheet pan with the olive oil, salt and pepper and spread them in one layer. Roast for 8 to 10 minutes, just until pink, firm and cooked through. Set aside to cool.

For the sauce, mix the chili sauce, ketchup, horseradish, lemon juice, Worcestershire sauce and Tabasco. Top the shrimp with lemon zest and serve with the sauce.

Photograph by Quentin Bacon

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:5.8000000028507%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 146.3kcal (7.31%), Fat: 2.44g (3.76%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 7.69g (2.8%), Sugar: 5.99g (6.65%), Cholesterol: 182.57mg (60.86%), Sodium: 676.85mg (29.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.46g (46.92%), Phosphorus: 257.72mg (25.77%), Copper: 0.48mg (24.22%), Potassium: 424.67mg (12.13%), Magnesium: 45.55mg (11.39%), Zinc: 1.62mg (10.82%), Calcium: 82.53mg (8.25%), Vitamin C: 5.37mg (6.51%), Vitamin E: 0.8mg (5.35%), Iron: 0.85mg (4.71%), Vitamin A: 194.35IU (3.89%), Manganese: 0.08mg (3.79%), Vitamin B6: 0.06mg (2.81%), Fiber: 0.68g (2.7%), Vitamin B3: 0.51mg (2.57%),

Vitamin K: 2.68µg (2.55%), Vitamin B2: 0.04mg (2.31%), Folate: 6.4µg (1.6%), Vitamin B1: 0.02mg (1.21%)