



## Roasted Shrimp with Smoked Chile Cocktail Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 chipotles in adobo canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove peeled
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons horseradish prepared drained
- ☐ 1 juice of lime fresh

- ☐ 2 tablespoons olive oil divided
- ☐ 6 plum tomatoes cored halved
- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound frangelico deveined peeled
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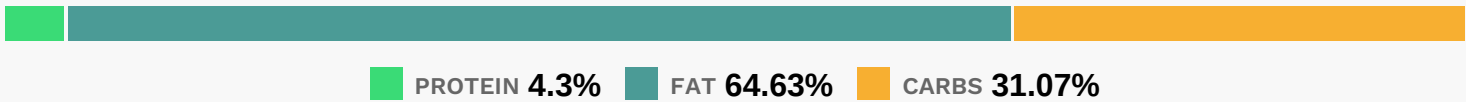
## Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 42
- ☐ Combine tomatoes, garlic, and 1 tablespoon olive oil on a baking sheet; toss well.
- ☐ Sprinkle with half of the salt and pepper. Roast until tomatoes are completely softened and garlic is golden brown (about 25 minutes).
- ☐ Transfer mixture to food processor.
- ☐ Add chipotle, horseradish, lime juice, and lime zest; process until smooth.
- ☐ Add honey and cilantro; pulse 2–3 times or until combined.
- ☐ On a separate baking sheet, combine shrimp and remaining olive oil; toss well.
- ☐ Sprinkle with remaining salt and pepper. Roast until golden and just cooked through, turning once (about 8 minutes).
- ☐ Place shrimp in individual glasses; serve with sauce.

## Nutrition Facts



## Properties

Glycemic Index:54.82, Glycemic Load:2.09, Inflammation Score:-6, Nutrition Score:5.3456521474797%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 95.01kcal (4.75%), Fat: 7.26g (11.18%), Saturated Fat: 1g (6.28%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 5.96g (2.17%), Sugar: 4.88g (5.43%), Cholesterol: 0mg (0%), Sodium: 328mg (14.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Vitamin C: 17.61mg (21.34%), Vitamin A: 847.76IU (16.96%), Vitamin K: 15.24µg (14.51%), Vitamin E: 1.56mg (10.38%), Manganese: 0.18mg (9.01%), Fiber: 1.89g (7.58%), Potassium: 263.22mg (7.52%), Vitamin B6: 0.1mg (5.2%), Folate: 19.72µg (4.93%), Copper: 0.07mg (3.61%), Magnesium: 13.96mg (3.49%), Vitamin B3: 0.62mg (3.09%), Phosphorus: 28.93mg (2.89%), Iron: 0.5mg (2.75%), Vitamin B1: 0.04mg (2.72%), Calcium: 19.4mg (1.94%), Zinc: 0.26mg (1.71%), Vitamin B2: 0.03mg (1.47%), Vitamin B5: 0.12mg (1.18%)