



Shrimp and Citrus Cocktail



Gluten Free



Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 3 tablespoons basil fresh chopped
- ☐ 2 large navel oranges peeled
- ☐ 0.3 cup olive oil
- ☐ 2 teaspoons orange zest
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt

- ☐ 2 large shallots minced
- ☐ 1 pound shrimp with tails (3 1/40 count) cooked peeled

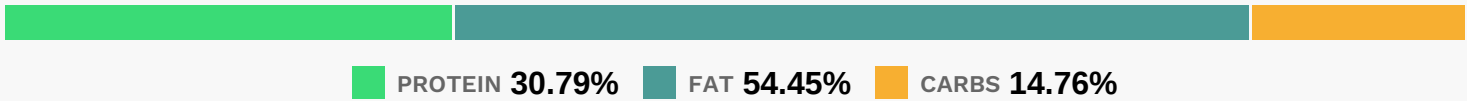
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Devein shrimp, if desired.
- ☐ Whisk together olive oil and next 6 ingredients in a large bowl.
- ☐ Pour mixture into a large zip-top plastic freezer bag; add shrimp, turning to coat. Seal and chill 3 to 8 hours, turning occasionally.
- ☐ Drain shrimp mixture, and stir in oranges and basil. Spoon mixture into chilled glasses or small serving bowls.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:7.1056522441947%

Flavonoids

Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg Naringenin: 3.31mg, Naringenin: 3.31mg, Naringenin: 3.31mg, Naringenin: 3.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 204.09kcal (10.2%), Fat: 12.55g (19.31%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.14g (2.23%), Sugar: 4.66g (5.18%), Cholesterol: 121.71mg (40.57%), Sodium: 307.65mg (13.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.97g (31.94%), Vitamin C: 29.41mg (35.65%), Phosphorus: 181.58mg (18.16%), Copper: 0.33mg (16.5%), Vitamin E: 1.88mg (12.54%), Vitamin K: 11.64µg (11.09%), Potassium: 320.33mg (9.15%), Magnesium: 35.71mg (8.93%), Calcium: 77.01mg (7.7%), Zinc: 1.12mg (7.44%), Fiber: 1.51g (6.04%), Folate: 19.74µg (4.94%), Manganese: 0.09mg (4.53%), Vitamin A: 221.75IU (4.43%), Iron: 0.77mg (4.3%), Vitamin B6: 0.07mg (3.65%), Vitamin B1: 0.04mg (2.76%), Vitamin B2: 0.03mg (1.73%), Vitamin B5: 0.16mg (1.58%), Vitamin B3:

0.26mg (1.29%), Selenium: 0.71µg (1.02%)