



## Shrimp Ceviche

 Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



30

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 celery stalk chopped
- 1 Tbsp cilantro leaves fresh chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 cup juice of lime fresh
- 1 bell pepper red seeded chopped
- 1 lb shrimp frozen thawed cooked drained chopped (36-45 count)
- 30 servings tortilla chips

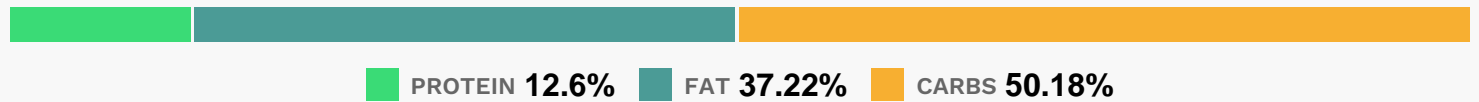
## Equipment

bowl

## Directions

- Place shrimp in large glass or plastic bowl.
- Pour combined lime juice and dressing over shrimp.
- Add red pepper, celery and cilantro; mix lightly. Cover. Refrigerate several hours to marinate.
- Drain shrimp mixture; discard marinade. Spoon 1 tsp. of the shrimp mixture onto each tortilla chip.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:3.2, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.7808695616929%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 157.48kcal (7.87%), Fat: 6.72g (10.33%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 18.75g (6.82%), Sugar: 0.95g (1.05%), Cholesterol: 24.34mg (8.11%), Sodium: 149.16mg (6.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.23%), Phosphorus: 98.14mg (9.81%), Vitamin C: 7.52mg (9.12%), Vitamin K: 8.37µg (7.97%), Vitamin E: 1.16mg (7.7%), Magnesium: 30.15mg (7.54%), Fiber: 1.63g (6.52%), Copper: 0.09mg (4.5%), Calcium: 41.34mg (4.13%), Zinc: 0.61mg (4.06%), Vitamin B5: 0.35mg (3.55%), Vitamin B6: 0.07mg (3.37%), Potassium: 112.39mg (3.21%), Iron: 0.54mg (3%), Vitamin B1: 0.04mg (2.95%), Vitamin A: 131.98IU (2.64%), Selenium: 1.32µg (1.89%), Folate: 6.05µg (1.51%), Vitamin B3: 0.29mg (1.45%), Vitamin B2: 0.02mg (1.43%)