



## Shrimp Cocktail

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

READY IN



100 min.

SERVINGS



8

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 bay leaves
- 0.3 teaspoon pepper black as needed freshly ground plus more
- 2 teaspoons peppercorns whole black
- 0.5 cup wine dry white
- 0.3 cup horseradish prepared
- 1.5 cups catsup
- 1.5 teaspoons kosher salt
- 1 medium optional: lemon thinly sliced

- 0.5 teaspoon juice of lemon freshly squeezed
- 3 parsley fresh italian
- 2 pounds shrimp deveined peeled for the tails and ()
- 0.5 teaspoon all the tabasco sauce you handle
- 2 quarts water

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- pot
- sieve
- plastic wrap

## Directions

- Combine everything except the shrimp in a 4-quart saucepan or pot over high heat and bring it to a boil.
- Add the shrimp, stir, and remove the pan from the heat. Cover with a tightfitting lid and let sit until the shrimp are opaque and just cooked through, about 10 minutes. Meanwhile, line a baking sheet with paper towels and set it aside. When the shrimp are ready, drain them in a strainer set in the sink.
- Transfer them to the prepared baking sheet and arrange in a single layer, removing and discarding any solids from the poaching liquid that have stuck to the shrimp (discard the contents in the strainer as well).
- Let sit until cooled to room temperature, about 10 minutes
- Transfer the shrimp to a large bowl and cover with plastic wrap. Refrigerate until chilled, at least 1 hour and up to 1 day. Meanwhile, make the cocktail sauce. For the cocktail sauce: Stir all the ingredients together in a medium bowl. Taste and season with more pepper as needed. Cover the bowl with plastic wrap and chill until ready to serve.

Serve the shrimp with the sauce for dipping.

## Nutrition Facts

**PROTEIN 57.68%** **FAT 4.17%** **CARBS 38.15%**

### Properties

Glycemic Index:21.44, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:7.7726087103719%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 2.9mg, Eriodictyol: 2.9mg, Eriodictyol: 2.9mg, Eriodictyol: 2.9mg Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

### Nutrients (% of daily need)

Calories: 164.88kcal (8.24%), Fat: 0.76g (1.17%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 14.56g (5.3%), Sugar: 10.69g (11.87%), Cholesterol: 182.57mg (60.86%), Sodium: 1030.53mg (44.81%), Alcohol: 1.54g (100%), Alcohol %: 0.45% (100%), Protein: 23.64g (47.29%), Copper: 0.55mg (27.3%), Phosphorus: 263.69mg (26.37%), Vitamin C: 11.69mg (14.16%), Potassium: 491.98mg (14.06%), Magnesium: 54.76mg (13.69%), Manganese: 0.27mg (13.26%), Zinc: 1.73mg (11.52%), Calcium: 101.67mg (10.17%), Vitamin K: 9.57µg (9.11%), Iron: 1.05mg (5.85%), Vitamin A: 273.89IU (5.48%), Vitamin B6: 0.1mg (4.98%), Vitamin B2: 0.08mg (4.96%), Vitamin E: 0.69mg (4.62%), Fiber: 1.08g (4.3%), Vitamin B3: 0.72mg (3.61%), Folate: 10.85µg (2.71%)