



SHRIMP COCKTAIL (COCTEL DE CAMARONES)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



376 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup parsley fresh plus more for garnish chopped
- ☐ 6 servings ground pepper fresh to taste
- ☐ 0.5 cup catsup
- ☐ 0.5 cup juice of lime divided
- ☐ 0.5 cup mayonnaise
- ☐ 6 servings olive oil for drizzling
- ☐ 0.3 cup onion finely chopped

- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp shelled deveined

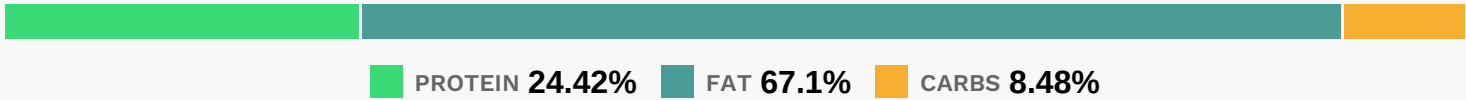
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place the shrimp in a medium bowl; add 1/3 cup lime juice. Set aside in the refrigerator for 30 minutes.
- ☐ Drain shrimp and discard lime juice.In a medium pot over medium high heat, place water and salt. When it comes to a boil add the shrimp and turn off the heat.
- ☐ Let the shrimp poach just until they are cooked through, about 3 to 5 minutes.
- ☐ Remove the shrimp to a plastic bowl and refrigerate.In a small bowl combine onion, remaining lime juice, ketchup, mayonnaise, pepper,hot sauce and parsley.
- ☐ Add the shrimp and serve in glass bowls over lettuce.
- ☐ Serve with Saltine crackers and garnish with olive oil and parsley.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:10.123912948629%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 376.14kcal (18.81%), Fat: 28.6g (44.01%), Saturated Fat: 4.24g (26.52%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 7.77g (2.82%), Sugar: 5.01g (5.57%), Cholesterol: 190.41mg (63.47%), Sodium: 534.14mg (23.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.42g (46.85%), Vitamin K: 80.77µg (76.92%), Phosphorus: 258.16mg (25.82%), Copper: 0.48mg (23.86%), Vitamin E: 2.99mg (19.91%), Vitamin C: 10.69mg (12.96%), Potassium: 407.97mg (11.66%), Magnesium: 46.18mg (11.54%), Zinc: 1.64mg (10.91%), Calcium: 85.52mg (8.55%), Vitamin A: 336.1IU (6.72%), Iron: 0.98mg (5.42%), Manganese: 0.09mg (4.39%), Vitamin B2: 0.04mg (2.6%), Vitamin B6: 0.05mg (2.56%), Folate: 9.83µg (2.46%), Vitamin B3: 0.36mg (1.78%), Fiber: 0.36g (1.45%)