



## Shrimp Cocktail Platter



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



26

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 lb shrimp frozen with tails, thawed if deveined cooked peeled (26 to 30 count)
- 1 cup fruit cocktail
- 1 tablespoon juice of lime
- 1 teaspoon chili powder
- 1 serving parsley fresh
- 1 slices optional: lemon

## Equipment

- bowl

plastic wrap

## Directions

- Rinse shrimp; pat dry. Line a 4-cup bowl with enough plastic wrap so that it hangs over edge of bowl. Arrange a layer of shrimp in a spiral pattern in bottom of bowl.
- Add additional layers, filling all spaces and pressing down, until bowl is full.
- Fold the plastic wrap over shrimp.
- Place two 1-pound cans on top of shrimp and refrigerate 1 hour.
- Meanwhile, in small bowl combine cocktail sauce, lime juice and chile powder; mix well. Cover and refrigerate until serving.
- Unwrap bowl. Pull plastic wrap away from top of bowl. To unmold, place a large platter upside down over bowl, then turn platter and bowl over; remove plastic wrap.
- Garnish the shrimp spiral with watercress and lemon slices.
- Serve with sauce.

## Nutrition Facts

  
**PROTEIN 78.33%** **FAT 4.93%** **CARBS 16.74%**

## Properties

Glycemic Index:4.33, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:1.5734782698362%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 35.46kcal (1.77%), Fat: 0.2g (0.3%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.38g (0.5%), Sugar: 1.32g (1.47%), Cholesterol: 56.18mg (18.73%), Sodium: 43.44mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Phosphorus: 76.14mg (7.61%), Copper: 0.14mg (7.21%), Magnesium: 12.94mg (3.23%), Zinc: 0.48mg (3.21%), Potassium: 103.8mg (2.97%), Vitamin K: 2.85µg (2.71%), Calcium: 23.51mg (2.35%), Manganese: 0.03mg (1.35%), Iron: 0.23mg (1.3%), Vitamin A: 55.48IU (1.11%)