



Shrimp Cocktail Platter

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

READY IN



80 min.

SERVINGS



26

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

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 67.63%** **FAT 4.86%** **CARBS 27.51%**

Properties

Glycemic Index:2.21, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:4.8739130884895%

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: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 42.64kcal (2.13%), Fat: 0.23g (0.36%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.77g (1.01%), Sugar: 2.16g (2.4%), Cholesterol: 56.18mg (18.73%), Sodium: 154.23mg (6.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.46%), Vitamin K: 65.68µg (62.56%), Phosphorus: 77.34mg (7.73%), Vitamin A: 360.12IU (7.2%), Copper: 0.14mg (7.17%), Vitamin C: 5.64mg (6.83%), Magnesium: 14.39mg (3.6%), Zinc: 0.51mg (3.43%), Potassium: 116.82mg (3.34%), Calcium: 28.26mg (2.83%), Iron: 0.44mg (2.47%), Folate: 6.19µg (1.55%)