



Shrimp Cocktail Sauce



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

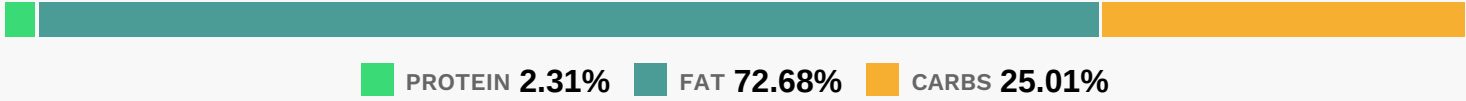
- ☐ 0.5 cup chili sauce
- ☐ 2 teaspoons horseradish prepared
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.5 cup catsup
- ☐ 2.3 tablespoons juice of lemon
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 cup mayonnaise

Equipment

Directions

☐ Stir together all ingredients until blended. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:12.14, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.3486956195987%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 146.41kcal (7.32%), Fat: 12.07g (18.57%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 8.75g (3.18%), Sugar: 6.62g (7.35%), Cholesterol: 6.72mg (2.24%), Sodium: 532.03mg (23.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin K: 27.65µg (26.33%), Vitamin C: 6.97mg (8.45%), Vitamin E: 1.16mg (7.75%), Vitamin A: 232.81IU (4.66%), Potassium: 135.1mg (3.86%), Vitamin B6: 0.06mg (3.21%), Vitamin B3: 0.57mg (2.85%), Vitamin B2: 0.05mg (2.75%), Fiber: 0.59g (2.36%), Copper: 0.05mg (2.26%), Phosphorus: 19.13mg (1.91%), Folate: 6.14µg (1.54%), Vitamin B1: 0.02mg (1.53%), Iron: 0.26mg (1.46%), Magnesium: 5.6mg (1.4%), Selenium: 0.75µg (1.07%), Manganese: 0.02mg (1.05%)