



Shrimp Cocktail & Tomatillo Gazpacho Shooters



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 clove garlic minced
- ☐ 2 tablespoon olive oil extra-virgin divided
- ☐ 0.3 teaspoon sea salt
- ☐ 1 pound shrimp cooked peeled per lb) and
- ☐ 1 teaspoon sugar
- ☐ 1 pound tomatillos chopped (see notes)
- ☐ 15 oz vegetable broth canned

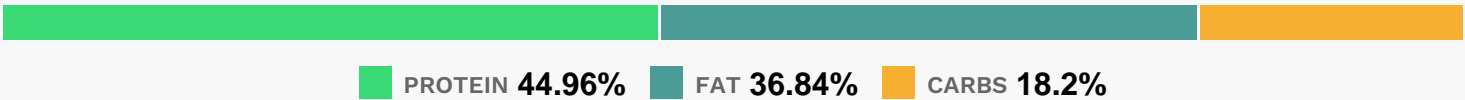
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon olive oil in a small skillet over medium heat.
- ☐ Add garlic and cook, stirring, until just beginning to brown, 1 to 2 minutes.
- ☐ Remove from the heat.Coarsely chop the cucumber and the avocado and place it in a food processor.
- ☐ Add tomatillos, bell pepper, jalapeÃ±o and the garlic. Process until smooth.
- ☐ Transfer to a large bowl; stir in broth, sugar and salt. Chill before serving.Use small shot glasses for presentation and add about 2 tablespoons of the gazpacho to each one. Hang a shrimp off the edge of each glass and serve. You will have leftover gazpacho. Save it as a treat for the cook.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:1.857391314662%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 41.41kcal (2.07%), Fat: 1.75g (2.69%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.5g (0.55%), Sugar: 1.28g (1.42%), Cholesterol: 36.51mg (12.17%), Sodium: 141.44mg (6.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.61%), Phosphorus: 58.07mg (5.81%), Copper: 0.11mg (5.4%), Potassium: 122.48mg (3.5%), Vitamin C: 2.79mg (3.39%), Magnesium: 12.59mg (3.15%), Vitamin K: 3.14µg (2.99%), Manganese: 0.05mg (2.49%), Zinc: 0.36mg (2.39%), Vitamin B3: 0.42mg (2.11%), Vitamin E: 0.29mg (1.92%), Fiber: 0.44g (1.76%), Calcium: 16.95mg (1.7%), Iron: 0.27mg (1.52%), Vitamin A: 71.18IU (1.42%)