



Shrimp Cocktail with Green Goblin Dressing

 Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 small avocado pitted peeled coarsely chopped
- ☐ 0.3 cup basil fresh
- ☐ 0.3 cup parsley fresh
- ☐ 1 small clove garlic
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 32 medium shrimp frozen dry cooked peeled
- ☐ 1 cup cream sour

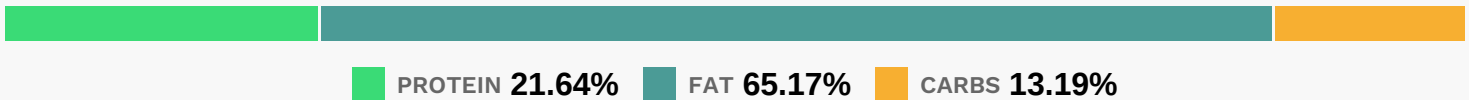
Equipment

- ☐ food processor
- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In a food processor, combine garlic, parsley, basil and lemon juice and pulse several times to chop.
- ☐ Add sour cream, avocados and salt and process until smooth.
- ☐ Scrape into a bowl, cover with plastic wrap and refrigerate until ready to serve with shrimp for dipping.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:8.5604348338169%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 173.14kcal (8.66%), Fat: 13.19g (20.3%), Saturated Fat: 4.02g (25.11%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.38g (1.53%), Cholesterol: 81.36mg (27.12%), Sodium: 133.86mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.71%), Vitamin K: 44.85µg (42.72%), Fiber: 3.45g (13.82%), Phosphorus: 135.81mg (13.58%), Copper: 0.26mg (13.21%), Folate: 46.17µg (11.54%), Potassium: 401.3mg

(11.47%), Vitamin C: 8.76mg (10.61%), Vitamin A: 450.14IU (9%), Magnesium: 33.07mg (8.27%), Vitamin B5: 0.81mg (8.08%), Vitamin E: 1.17mg (7.82%), Vitamin B6: 0.15mg (7.46%), Vitamin B2: 0.12mg (6.87%), Zinc: 0.98mg (6.56%), Calcium: 65.42mg (6.54%), Manganese: 0.11mg (5.3%), Vitamin B3: 0.94mg (4.68%), Iron: 0.65mg (3.63%), Vitamin B1: 0.04mg (2.83%), Selenium: 1.32µg (1.89%), Vitamin B12: 0.06µg (1.01%)