



Shrimp Cocktail with Lemon Dipping Sauce

 Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



181 kcal

Ingredients

- 1 tablespoon hot sauce
- 1 teaspoon juice of lemon
- 2 teaspoon lemon pepper seasoning salt free
- 0.3 cup mayonnaise
- 1.5 pounds shrimp shelled pre-cooked
- 0.3 cup cup heavy whipping cream sour

Equipment

- bowl
- whisk

Directions

- For Shrimp: Arrange Shrimp on serving platter, cover and refrigerate until serving.
- For Spicy Lemon Pepper Dipping Sauce: In medium bowl, combine all ingredients.
- Whisk thoroughly.
- Pour into small serving bowl.
- Serve chilled shrimp with dipping sauce on the side.

Nutrition Facts

PROTEIN 51.01% **FAT 46.75%** **CARBS 2.24%**

Properties

Glycemic Index: 13.67, Glycemic Load: 0.11, Inflammation Score: -1, Nutrition Score: 5.4152173727103%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 180.93kcal (9.05%), Fat: 9.45g (14.54%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.43g (0.48%), Cholesterol: 192.15mg (64.05%), Sodium: 254.59mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.2g (46.4%), Phosphorus: 253.27mg (25.33%), Copper: 0.46mg (22.82%), Vitamin K: 16.5µg (15.71%), Zinc: 1.58mg (10.51%), Magnesium: 42.04mg (10.51%), Potassium: 326.06mg (9.32%), Calcium: 86.18mg (8.62%), Manganese: 0.13mg (6.27%), Iron: 0.69mg (3.84%), Vitamin C: 2.03mg (2.46%), Vitamin E: 0.35mg (2.36%), Vitamin A: 72.98IU (1.46%), Vitamin B2: 0.02mg (1.23%)