



Shrimp Cocktail with Singapore Hot Sauce

 Dairy Free

READY IN



60 min.

SERVINGS



30

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup black bean garlic sauce chinese
- ☐ 2 tablespoons canola oil
- ☐ 0.8 cup ginger coarsely chopped
- ☐ 1.3 cups catsup
- ☐ 30 servings lemon wedges for serving
- ☐ 0.8 cup brown sugar light
- ☐ 1 medium onion red thinly sliced (medium)
- ☐ 4 pounds shrimp chilled cooked (large)

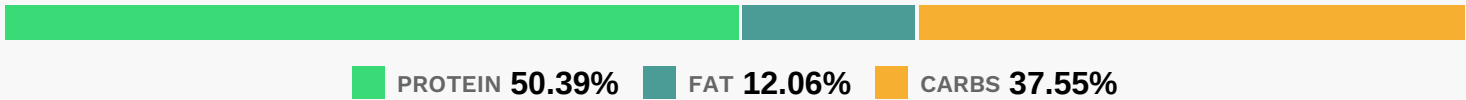
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a saucepan, heat the oil.
- ☐ Add the onion and cook over moderately high heat until lightly browned, 4 minutes.
- ☐ Add the ginger and cook over moderately low heat until softened, 3 minutes.
- ☐ Add the sugar, ketchup and chile bean sauce and simmer over low heat until the sauce is thickened, 5 minutes.
- ☐ Transfer the sauce to a blender and add 1/2 cup of water. Blend until smooth. With the machine on, add another 1/2 cup of water. Scrape the sauce into the saucepan and simmer over low heat for 3 minutes.
- ☐ Transfer to a bowl and refrigerate until chilled.
- ☐ Squeeze lemon over the shrimp and serve with the sauce and more lemon wedges.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.8126087208157%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 96.87kcal (4.84%), Fat: 1.33g (2.05%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 9.05g (3.29%), Sugar: 7.91g (8.79%), Cholesterol: 97.37mg (32.46%), Sodium: 164.75mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.06%), Phosphorus: 134.28mg (13.43%), Copper: 0.25mg (12.74%), Magnesium: 24.44mg (6.11%), Potassium: 211.77mg (6.05%), Zinc: 0.84mg (5.63%), Calcium: 46.26mg (4.63%), Iron: 0.46mg (2.54%), Manganese: 0.04mg (2.2%), Vitamin E: 0.32mg (2.12%), Vitamin C: 1.33mg (1.61%), Vitamin B6: 0.03mg (1.35%), Fiber: 0.28g (1.12%), Vitamin B2: 0.02mg (1.09%), Vitamin A: 51.59IU (1.03%)