



Shrimp Cocktail with Tomatillo-Horseradish Sauce

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons peppercorns whole black
- 2 tablespoons canola oil
- 0.5 cup cilantro leaves chopped
- 1 tablespoon coriander seeds
- 4 cloves garlic chopped
- 2 tablespoons honey
- 0.3 cup horseradish prepared drained

- 2 jalapeño peppers chopped
- 2 tablespoons kosher salt
- 2 lemons quartered
- 1 large onion red coarsely chopped
- 8 servings salt and pepper freshly ground
- 1.5 pounds shrimp deveined peeled
- 12 tomatillos washed husked cut in 1/2
- 3 tablespoons citrus champagne vinegar

Equipment

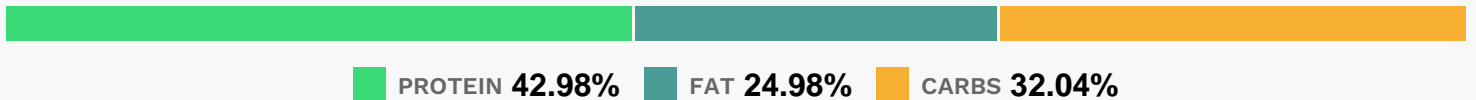
- food processor
- bowl
- frying pan
- sauce pan
- oven
- pot
- colander

Directions

- Watch how to make this recipe.
- Fill a medium saucepan with 2 quarts cold water.
- Add the salt, coriander, peppercorns and lemon wedges, squeezing the juice into the pot first, and bring to a boil.
- Let boil for 5 minutes. Reduce the heat to a simmer, add the shrimp, and simmer for about 4 minutes, or until just cooked through.
- Drain the shrimp in a colander, transfer to a bowl, cover and let chill in the refrigerator for at least 1 hour.
- When shrimp is chilled, serve with dipping sauce.
- Preheat oven to 400 degrees F.

- Place tomatillos, onion, garlic, and jalapeno on a half-sheet pan, toss with the oil, and season with salt and pepper. Cook until the mixture is soft, but do not allow it to color, about 15 to 20 minutes.
- Transfer to a food processor and process until smooth.
- Add the vinegar, honey, horseradish, and cilantro and pulse just to combine. Season with salt and pepper.
- Scrape into a bowl, cover, and refrigerate for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:33.22, Glycemic Load:3.52, Inflammation Score:-4, Nutrition Score:8.9352173960727%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 161.61kcal (8.08%), Fat: 4.77g (7.34%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 10.86g (3.95%), Sugar: 8.35g (9.27%), Cholesterol: 136.93mg (45.64%), Sodium: 2074.13mg (90.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.48g (36.96%), Vitamin C: 28.24mg (34.23%), Phosphorus: 221.17mg (22.12%), Copper: 0.43mg (21.28%), Manganese: 0.34mg (16.9%), Potassium: 484.76mg (13.85%), Magnesium: 51.01mg (12.75%), Vitamin K: 13.37µg (12.74%), Fiber: 2.91g (11.66%), Zinc: 1.44mg (9.61%), Calcium: 87.35mg (8.73%), Iron: 1.31mg (7.25%), Vitamin E: 1.01mg (6.75%), Vitamin B3: 1.11mg (5.57%), Vitamin B6: 0.11mg (5.57%), Folate: 15.33µg (3.83%), Vitamin A: 175.87IU (3.52%), Vitamin B1: 0.05mg (3.19%), Vitamin B2: 0.04mg (2.37%), Vitamin B5: 0.2mg (1.96%), Selenium: 1.14µg (1.63%)