



Shrimp Cocktail with Tropical Fruit Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 1 jalapeno halved seeded
- 1.5 pounds shrimp
- 0.3 cup juice of lime fresh
- 1 cup mangos peeled finely chopped
- 1 cup papaya peeled finely chopped
- 1 poblano chile halved seeded
- 0.3 cup onion red finely chopped

0.5 teaspoon salt

Equipment

bowl

frying pan

aluminum foil

broiler

ziploc bags

broiler pan

Directions

Peel and devein shrimp; set aside.

Preheat broiler.

Place poblano chile and jalapeo pepper halves, skin sides up, on a foil-lined broiler pan; flatten with hand. Broil 10 minutes or until blackened.

Place in a zip-top plastic bag; seal.

Let stand 10 minutes. Peel and finely chop, and place in a bowl.

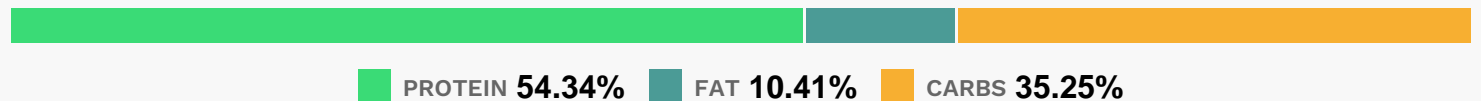
Add mango, papaya, red onion, cilantro, juice, and salt.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.

Add shrimp; saut 2 1/2 minutes on each side or until done.

Place 1/2 cup salsa in center of each of 6 small serving plates; arrange 4 shrimp over salsa.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:3.43, Inflammation Score:-7, Nutrition Score:13.169130563736%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 117.92kcal (5.9%), Fat: 1.37g (2.11%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 9g (3.27%), Sugar: 6.72g (7.46%), Cholesterol: 142.88mg (47.63%), Sodium: 839.29mg (36.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.23%), Vitamin C: 46.8mg (56.72%), Selenium: 33.94µg (48.49%), Phosphorus: 291.76mg (29.18%), Vitamin B12: 1.26µg (20.98%), Vitamin A: 872.08IU (17.44%), Vitamin B6: 0.29mg (14.69%), Copper: 0.27mg (13.47%), Vitamin E: 2.01mg (13.41%), Vitamin B3: 2.44mg (12.2%), Folate: 47.73µg (11.93%), Magnesium: 36.8mg (9.2%), Potassium: 285.59mg (8.16%), Zinc: 1.2mg (8%), Calcium: 75.21mg (7.52%), Vitamin K: 6.16µg (5.87%), Fiber: 1.45g (5.8%), Manganese: 0.1mg (5.13%), Vitamin B5: 0.5mg (5.04%), Vitamin B1: 0.05mg (3.67%), Vitamin B2: 0.05mg (2.7%), Iron: 0.45mg (2.53%)