



Shrimp Cones with Spicy Yogurt Sauce

READY IN



140 min.

SERVINGS



16

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb shells deveined uncooked peeled (46) (tail shells removed)
- 0.3 cup spring onion finely chopped (4 medium)
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon lemon zest grated
- 0.3 cup olive oil
- 2 tablespoons juice of lemon
- 1 tablespoon honey
- 0.1 teaspoon salt
- 6 oz yogurt

- 2 tablespoons sriracha
- 1 tablespoon cilantro leaves fresh chopped
- 4 8-inch tortillas whole wheat cut into fourths ()
- 16 frangelico

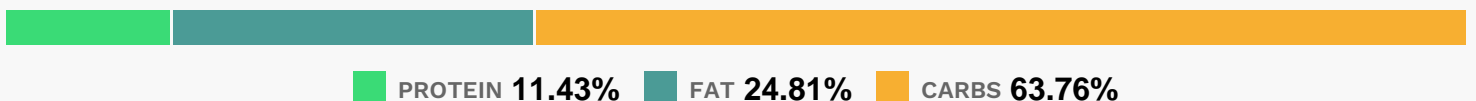
Equipment

- bowl
- frying pan
- baking sheet
- oven
- toothpicks

Directions

- In medium bowl, mix Shrimp ingredients. Cover; refrigerate at least 2 hours but no longer than 8 hours to marinate.
- Drain shrimp, discarding marinade.
- Heat 12-inch nonstick skillet over medium-high heat; add shrimp. Cook 3 to 5 minutes, stirring occasionally, until shrimp turn pink.
- In small bowl, stir Sauce ingredients until well blended.
- Heat oven to 350°F. Shape tortilla wedges into cone shapes; secure each with toothpick.
- Place on ungreased cookie sheet.
- Bake 3 to 5 minutes or until light golden around edges.
- Place about 3 shrimp inside of each cone; drizzle 1 tablespoon sauce over shrimp in each cup.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:9.19, Inflammation Score:-1, Nutrition Score:4.3504347519382%

Flavonoids

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 Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 175.55kcal (8.78%), Fat: 4.83g (7.43%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 26.29g (9.56%), Sugar: 2.88g (3.2%), Cholesterol: 1.38mg (0.46%), Sodium: 130.34mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10.01%), Selenium: 18.17µg (25.96%), Manganese: 0.27mg (13.27%), Fiber: 1.64g (6.57%), Phosphorus: 64.69mg (6.47%), Vitamin K: 5.59µg (5.32%), Copper: 0.09mg (4.29%), Magnesium: 16.87mg (4.22%), Calcium: 38.3mg (3.83%), Iron: 0.67mg (3.74%), Vitamin E: 0.54mg (3.59%), Zinc: 0.47mg (3.17%), Vitamin C: 2.48mg (3%), Potassium: 89.59mg (2.56%), Vitamin B3: 0.51mg (2.53%), Vitamin B6: 0.05mg (2.43%), Vitamin B2: 0.04mg (2.1%), Vitamin B1: 0.03mg (2.04%), Folate: 7.41µg (1.85%), Vitamin B5: 0.17mg (1.71%)