



Shrimp Cones with Spicy Yogurt Sauce

 Dairy Free

READY IN



140 min.

SERVINGS



16

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion finely chopped (4 medium)
- ☐ 1 tablespoon honey
- ☐ 6 oz optional: lemon
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup olive oil

- ☐ 0.1 teaspoon salt
- ☐ 1 lb shells deveined uncooked peeled (46) (tail shells removed)
- ☐ 2 tablespoons sriracha
- ☐ 4 8-inch tortillas whole wheat cut into fourths ()
- ☐ 16 frangelico
- ☐ 16 frangelico

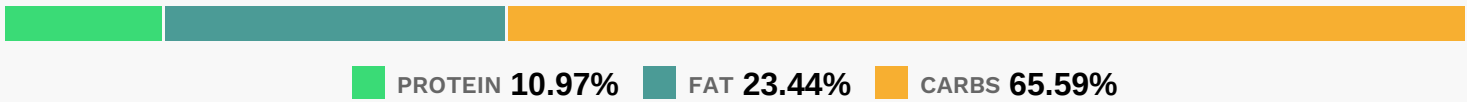
Equipment

- ☐ 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 350F. 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:13.49, Glycemic Load:9.27, Inflammation Score:-2, Nutrition Score:4.5482609116513%

Flavonoids

Eriodictyol: 2.36mg, Eriodictyol: 2.36mg, Eriodictyol: 2.36mg, Eriodictyol: 2.36mg Hesperetin: 3.24mg, Hesperetin: 3.24mg, Hesperetin: 3.24mg, Hesperetin: 3.24mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 172.15kcal (8.61%), Fat: 4.52g (6.95%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 26.48g (9.63%), Sugar: 2.65g (2.95%), Cholesterol: 0mg (0%), Sodium: 125.66mg (5.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.51%), Selenium: 17.98µg (25.69%), Manganese: 0.27mg (13.4%), Vitamin C: 8.06mg (9.77%), Fiber: 1.94g (7.76%), Phosphorus: 56.29mg (5.63%), Vitamin K: 5.57µg (5.3%), Copper: 0.09mg (4.43%), Magnesium: 16.45mg (4.11%), Iron: 0.73mg (4.06%), Vitamin E: 0.55mg (3.66%), Calcium: 28.2mg (2.82%), Zinc: 0.42mg (2.79%), Vitamin B6: 0.05mg (2.69%), Vitamin B3: 0.51mg (2.55%), Potassium: 87.78mg (2.51%), Vitamin B1: 0.03mg (2.12%), Folate: 7.83µg (1.96%), Vitamin B5: 0.15mg (1.5%), Vitamin B2: 0.02mg (1.34%)