



WHATSheATE



Shrimp Dean Martinis



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ribs celery finely chopped
- ☐ 0.5 cup chili sauce
- ☐ 2 rounded spoonfuls horseradish prepared
- ☐ 1 teaspoon hot sauce
- ☐ 0.5 juice of lemon juiced
- ☐ 1.5 pounds super-size shrimp -- precooked or deveined peeled
- ☐ 0.5 cup catsup
- ☐ 1 optional: lemon

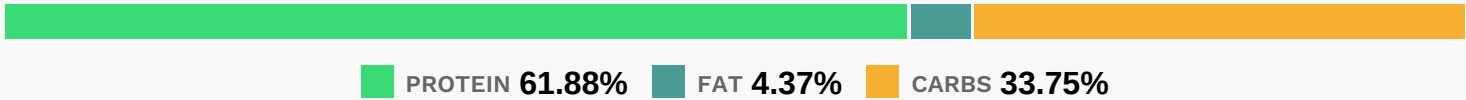
- ☐ 4 servings salt and pepper black
- ☐ 0.5 cup vegetable juice (recommended: V8)

Equipment

Directions

- ☐ If you bought raw shrimp, steam shrimp until pink, about 5 minutes, then cold shock under running water.
- ☐ Place in freezer until ready to serve.
- ☐ Mix celery, horseradish, lemon juice, hot sauce, chili sauce, ketchup and vegetable juice together and season with salt and pepper.
- ☐ Pour sauce into 4 martini glasses and surround rim with chilled shrimp.
- ☐ Serve lemon wedges alongside glasses on cocktail forks.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:11.793912923854%

Flavonoids

Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 224.44kcal (11.22%), Fat: 1.13g (1.74%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 17.41g (6.33%), Sugar: 13.01g (14.46%), Cholesterol: 273.86mg (91.29%), Sodium: 1223.02mg (53.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.06g (72.12%), Phosphorus: 399.24mg (39.92%), Vitamin C: 32.9mg (39.88%), Copper: 0.75mg (37.66%), Potassium: 813.83mg (23.25%), Magnesium: 72.3mg (18.08%), Zinc: 2.43mg (16.23%), Vitamin A: 732.5IU (14.65%), Calcium: 140.75mg (14.08%), Fiber: 2.26g (9.03%), Iron: 1.57mg (8.7%), Vitamin K: 8.56µg (8.16%), Vitamin E: 1.19mg (7.96%), Vitamin B6: 0.14mg (7.1%), Manganese:

0.12mg (5.83%), Vitamin B2: 0.09mg (5.41%), Vitamin B3: 1.07mg (5.37%), Folate: 17.04µg (4.26%), Vitamin B1: 0.05mg (3.35%), Vitamin B5: 0.12mg (1.21%), Selenium: 0.79µg (1.13%)