



## Shrimp Salsa

 **Gluten Free**  **Dairy Free**

READY IN



**80 min.**

SERVINGS



**12**

CALORIES



**22 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon pepper black freshly ground
- 0.3 cup cilantro leaves minced
- 1 clove garlic minced
- 0.3 cup juice of lime fresh
- 0.5 onion diced red
- 2 roma tomatoes diced (plum)
- 1 teaspoon salt
- 0.5 pound salad shrimp

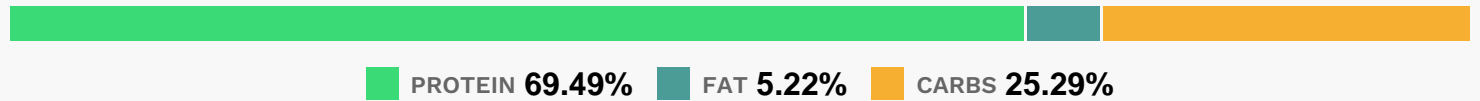
# Equipment

- bowl
- plastic wrap

# Directions

- Stir the salad shrimp, tomatoes, onion, cilantro, lime juice, salt, pepper, and garlic together in a large glass bowl. Cover with plastic wrap and refrigerate until the flavors combine, at least 1 hour.
- Serve cold.

# Nutrition Facts



# Properties

Glycemic Index:13.25, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:1.4982608524354%

# Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

# Nutrients (% of daily need)

Calories: 21.89kcal (1.09%), Fat: 0.13g (0.21%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.56g (0.62%), Cholesterol: 30.43mg (10.14%), Sodium: 217.31mg (9.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Phosphorus: 45.77mg (4.58%), Copper: 0.09mg (4.35%), Vitamin C: 3.44mg (4.16%), Potassium: 91.97mg (2.63%), Manganese: 0.05mg (2.61%), Magnesium: 9.05mg (2.26%), Vitamin A: 112.12IU (2.24%), Vitamin K: 2.18µg (2.07%), Zinc: 0.29mg (1.93%), Calcium: 16.42mg (1.64%), Fiber: 0.28g (1.12%)