

Shrimp Shooters



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



134 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons lemon zest grated
- ☐ 0.7 cup olive oil
- ☐ 1 teaspoon pepper freshly ground
- ☐ 8 servings the of 1 cos lettuce
- ☐ 1 teaspoon salt
- ☐ 1.5 pounds shrimp cooked peeled

☐ 0.5 cup balsamic vinegar white

Equipment

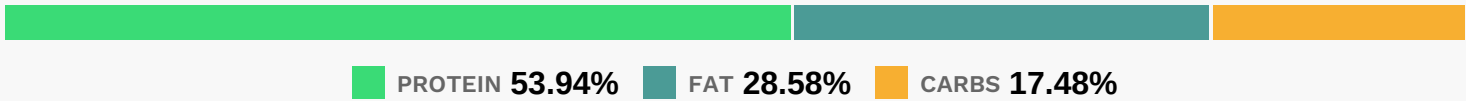
☐ bowl

☐ whisk

Directions

- ☐ Whisk together olive oil, balsamic vinegar, and next 5 ingredients in a large bowl.
- ☐ Place cooked shrimp and vinaigrette mixture in a large zip-top plastic freezer bag. Seal and chill at least 8 hours or up to 24 hours, turning bag occasionally.
- ☐ Arrange lettuce leaves in 8 (6- to 8-oz.) glasses. Spoon shrimp mixture evenly into glasses.
- ☐ Note: Vinaigrette may be prepared ahead and stored in an airtight container in the refrigerator up to 1 week.
- ☐ Let vinaigrette come to room temperature, and whisk before adding cooked shrimp.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:1.39, Inflammation Score:-10, Nutrition Score:15.182608505954%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 133.99kcal (6.7%), Fat: 4.3g (6.62%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 3.91g (1.42%), Sugar: 3.46g (3.85%), Cholesterol: 136.93mg (45.64%), Sodium: 415.81mg (18.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.54%), Vitamin A: 7409.8IU (148.2%), Vitamin K: 89.87µg (85.59%), Folate: 115.9µg (28.97%), Phosphorus: 211.19mg (21.12%), Copper: 0.38mg (19.13%), Potassium: 459.13mg (13.12%), Magnesium: 44.28mg (11.07%), Manganese: 0.21mg (10.69%), Zinc: 1.36mg (9.04%), Calcium: 90.19mg (9.02%), Fiber: 2.01g (8.04%), Iron: 1.44mg (8.02%), Vitamin C: 5.72mg (6.94%), Vitamin E: 0.64mg (4.25%), Vitamin B1: 0.06mg (4.17%), Vitamin B2: 0.06mg (3.48%), Vitamin B6: 0.07mg (3.35%), Vitamin B3: 0.28mg (1.38%), Vitamin B5: 0.13mg (1.3%)