

SIDE DISH

Shrimp Stuffed Cucumber Cups

3 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
20 min	15 min	5 min	6	\$0.60	247 kcal

Shrimp Stuffed Cucumber Cups is a side dish that serves 6. One portion of this dish contains approximately 9g of protein, 1g of fat, and a total of 247 calories. For 60 cents per serving, this recipe covers 13% of your daily requirements of vitamins and minerals. This recipe is liked by 1 foodies an...

Ingredients

- ☐ 6 servings Freshly ground black pepper
- ☐ 2 standard cucumbers
- ☐ 6 servings Kosher salt
- ☐ 2 tablespoons chopped parsley, divided
- ☐ 15 ounce chopped tomatoes, drained
canned
- ☐ 1 tablespoon prepared horseradish
- ☐ 1 teaspoon lemon juice
- ☐ ¾ pound shrimp, thawed, deveined and shells on

EQUIPMENT Bowl, Pot, Melon baller

Method

- 1

Peel the length of each cucumber to form alternating stripes of unpeeled and peeled.
- 2

Cut the cucumbers into 12 (3/4-inch) pieces. Scoop out the center using a teaspoon or a melon baller, leaving the bottom and sides intact to form a cup. (Reserve the centers for the Round 2 Recipe Chicken Tacos with Cucumber Salsa.) Turn them upside down onto a towel and let them drain while you make the filling.
- 3

Bring a medium pot of salted water to a boil over medium heat.

- 4 Add the shrimp and cook until bright pink, about 3 to 4 minutes. Strain and rinse in cold water.
- 5 Remove the shells and discard. (Reserve 12 shrimp for the Round 2 Recipe Shrimp and Potato Salad with Sour Cream and Bacon Dressing.)
- 6 Chop the shrimp into small pieces and put them into a bowl.
- 7 Add the horseradish, lemon juice, salt and pepper to taste, half the can of tomatoes (reserve the remaining half for the Round 2 Recipe Chicken Tacos with Cucumber Salsa) and 1 tablespoon of parsley. Evenly divide the shrimp mixture between the cucumber cups. Arrange them on a serving platter and garnish with remaining parsley.

Nutrition per serving

247	9 g	1 g	50 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.2 g · 1% of daily needs
Fibre			4 g · 16% of daily needs
Sugar			6.2 g · 7% of daily needs
Sodium			304 mg · 13% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			12.4 mg · 15% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/shrimp-stuffed-cucumber-cups-147368