



Shrimp with Chipotle-Lime Dipping Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



75 kcal

SIDE DISH

Ingredients

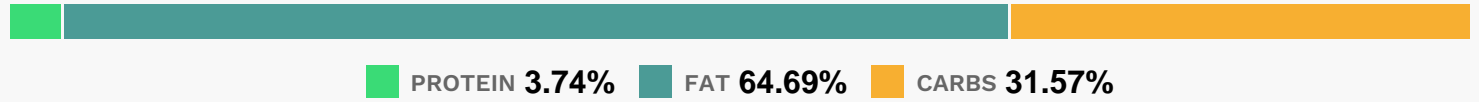
- 1 Tbsp chipotle peppers in adobo sauce canned finely chopped
- 1 cup knudsen cream sour
- 2 Tbsp honey
- 1 Tbsp juice of lime

Equipment

Directions

- Mix all ingredients except shrimp until blended.
- Spoon 2 Tbsp. sour cream mixture into each of 8 shot glasses.
- Hang shrimp on edges of glasses.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:2.26, Inflammation Score:-1, Nutrition Score:1.0482608650042%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 74.6kcal (3.73%), Fat: 5.58g (8.58%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 5.92g (2.15%), Sugar: 5.45g (6.05%), Cholesterol: 16.96mg (5.65%), Sodium: 9.18mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Vitamin A: 180.14IU (3.6%), Vitamin B2: 0.05mg (2.98%), Calcium: 29.61mg (2.96%), Phosphorus: 22.32mg (2.23%), Selenium: 1.11µg (1.58%), Potassium: 40.86mg (1.17%), Vitamin C: 0.85mg (1.03%), Vitamin B5: 0.1mg (1.02%), Vitamin B12: 0.06µg (1.01%)