



Shrimp with Cocktail Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



13 min.

SERVINGS



6

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chili sauce (recommended: Heinz)
- 3 tablespoons horseradish prepared
- 0.3 teaspoon hot sauce (recommended: Tabasco)
- 0.5 cup catsup (recommended: Heinz)
- 6 servings kosher salt
- 1 optional: lemon
- 2 teaspoons juice of lemon fresh
- 2 pounds shrimp in the shell (30)

0.5 teaspoon worcestershire sauce

Equipment

bowl

pot

slotted spoon

Directions

Cut the lemon in half and add it to a large pot of boiling salted water.

Add the shrimp and cook, uncovered, for only 3 minutes, until the shrimp are just cooked through.

Remove with a slotted spoon to a bowl of cool water. When the shrimp are cool enough to handle, peel and devein them. Keep cold until ready to serve.

For the cocktail sauce, combine the chili sauce, ketchup, horseradish, lemon juice, Worcestershire sauce, and hot sauce.

Serve with the shrimp.

Nutrition Facts



PROTEIN 67.85% **FAT 4.71%** **CARBS 27.44%**

Properties

Glycemic Index:10.08, Glycemic Load:0.51, Inflammation Score:-3, Nutrition Score:8.3269563239554%

Flavonoids

Eriodictyol: 3.93mg, Eriodictyol: 3.93mg, Eriodictyol: 3.93mg, Eriodictyol: 3.93mg Hesperetin: 5.26mg, Hesperetin: 5.26mg, Hesperetin: 5.26mg, Hesperetin: 5.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 179.24kcal (8.96%), Fat: 0.97g (1.49%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 11.36g (4.13%), Sugar: 8.43g (9.37%), Cholesterol: 243.43mg (81.14%), Sodium: 902.75mg (39.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.92%), Phosphorus: 346.25mg (34.62%), Copper:

0.65mg (32.51%), Vitamin C: 16.7mg (20.25%), Potassium: 588.82mg (16.82%), Magnesium: 61.89mg (15.47%), Zinc: 2.17mg (14.48%), Calcium: 113.96mg (11.4%), Iron: 1.21mg (6.71%), Fiber: 1.36g (5.45%), Vitamin A: 262.17IU (5.24%), Vitamin E: 0.76mg (5.06%), Vitamin B6: 0.09mg (4.45%), Manganese: 0.09mg (4.27%), Vitamin B3: 0.7mg (3.51%), Vitamin B2: 0.06mg (3.27%), Folate: 10.49µg (2.62%), Vitamin B1: 0.03mg (2.09%), Vitamin K: 1.89µg (1.8%)