



Shrimp with Zesty Cocktail Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



12 min.

SERVINGS



6

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chili sauce
- ☐ 2 tablespoons horseradish prepared
- ☐ 0.7 cup catsup
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.3 cup old bay seasoning
- ☐ 3 pounds shrimp deveined peeled
- ☐ 1 teaspoon worcestershire sauce

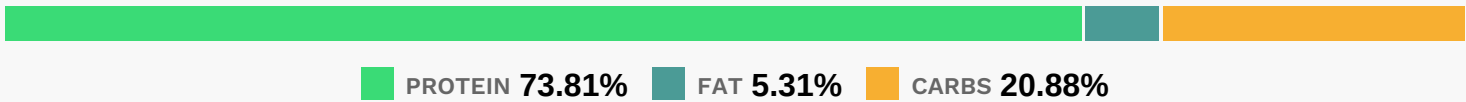
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring 3 quarts water to a boil in a large pot. Stir in Old Bay seasoning and shrimp. Cook 2 to 3 minutes or until shrimp turn pink.
- ☐ Drain, but do not rinse seasoning off shrimp.
- ☐ Combine ketchup and remaining ingredients in a bowl.
- ☐ Serve with hot or chilled boiled shrimp.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:12.129130278593%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 246.42kcal (12.32%), Fat: 1.49g (2.29%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 12.22g (4.44%), Sugar: 8.36g (9.28%), Cholesterol: 365.14mg (121.71%), Sodium: 749.81mg (32.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.59g (93.18%), Phosphorus: 507.52mg (50.75%), Copper: 0.96mg (47.96%), Vitamin K: 25.15µg (23.96%), Magnesium: 92.85mg (23.21%), Potassium: 772.88mg (22.08%), Zinc: 3.25mg (21.64%), Calcium: 185.48mg (18.55%), Manganese: 0.31mg (15.39%), Iron: 2.5mg (13.89%), Vitamin C: 6.43mg (7.79%), Vitamin A: 317.82IU (6.36%), Vitamin B6: 0.11mg (5.5%), Vitamin E: 0.72mg (4.83%), Fiber: 0.96g (3.85%), Vitamin B2: 0.06mg (3.73%), Vitamin B3: 0.74mg (3.7%), Folate: 11.24µg (2.81%), Vitamin B1: 0.03mg (1.74%), Selenium: 0.71µg (1.02%)