



## Smoky Grilled Tomato Cocktail Sauce

 **Gluten Free**  **Dairy Free**

READY IN



**35 min.**

SERVINGS



**6**

CALORIES



**196 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 servings cilantro leaves chopped
- 1 teaspoon honey
- 3 tablespoons horseradish prepared
- 1 tablespoon chipotle hot sauce
- 0.5 juice of lime
- 6 servings olive oil
- 6 plum tomatoes halved
- 6 servings salt and pepper black freshly ground

- 6 servings grilled shrimp
- 1 Dash worcestershire sauce

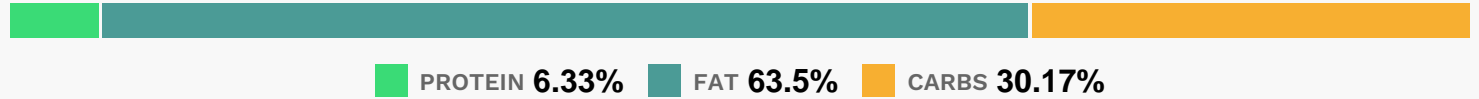
## Equipment

- food processor
- grill

## Directions

- Watch how to make this recipe.
- Heat grill to high.
- Brush tomatoes with oil and season with salt and pepper. Grill until slightly charred and soft.
- Place tomatoes, honey, chipotle, horseradish, Worcestershire, lime juice, cilantro, salt and pepper and a touch of olive oil in food processor and process until slightly smooth.
- Serve with shrimp.

## Nutrition Facts



## Properties

Glycemic Index:31.55, Glycemic Load:4.2, Inflammation Score:-9, Nutrition Score:14.669565152863%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 2.32mg, Naringenin: 2.32mg, Naringenin: 2.32mg, Naringenin: 2.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 195.65kcal (9.78%), Fat: 14.74g (22.68%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 11.14g (4.05%), Sugar: 10.73g (11.92%), Cholesterol: 1.61mg (0.54%), Sodium: 52.32mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Vitamin C: 49.25mg (59.7%), Vitamin A: 2841.15IU (56.82%), Vitamin K: 35.88µg (34.17%), Vitamin E: 3.86mg (25.75%), Potassium: 833.74mg (23.82%), Manganese:

0.41mg (20.6%), Fiber: 4.62g (18.47%), Vitamin B6: 0.28mg (13.96%), Folate: 55.64µg (13.91%), Copper: 0.21mg (10.59%), Vitamin B3: 2.06mg (10.28%), Magnesium: 40.22mg (10.05%), Phosphorus: 86.77mg (8.68%), Vitamin B1: 0.13mg (8.49%), Iron: 1.12mg (6.23%), Zinc: 0.66mg (4.4%), Calcium: 40.09mg (4.01%), Vitamin B2: 0.07mg (3.99%), Vitamin B5: 0.32mg (3.15%)