



## Southwestern Shrimp Cocktail

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon garlic powder
- 1 tablespoon horseradish prepared
- 0.1 teaspoon hot sauce
- 1 jalapeno seeded chopped
- 1.5 tablespoons juice of lime fresh
- 1 tablespoon onion finely chopped
- 0.5 teaspoon onion powder

- 0.5 teaspoon salt
- 1.5 pounds shrimp unpeeled
- 8 ounce no-salt-added tomato sauce canned
- 4 cups water

## Equipment

- bowl
- sauce pan

## Directions

- Peel and devein shrimp, if desired, leaving tails intact. Bring water to a boil in a large saucepan.
- Add shrimp; cook 3 to 5 minutes or until shrimp are done.
- Drain well. Cover and chill.
- Combine tomato sauce and next 9 ingredients in a bowl; stir well. Cover and chill.
- Serve with shrimp.
- carbo rating: 3

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:4.6647826070371%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 82.87kcal (4.14%), Fat: 0.55g (0.84%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.35g (1.5%), Cholesterol: 136.93mg (45.64%), Sodium: 396.96mg (17.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.11%), Copper: 0.39mg (19.51%), Phosphorus: 192.88mg (19.29%), Potassium: 328.99mg (9.4%), Magnesium: 36.74mg (9.19%), Zinc: 1.25mg (8.33%), Vitamin C: 5.68mg (6.88%), Calcium: 64.95mg (6.49%), Iron: 0.76mg (4.21%), Vitamin A: 176.93IU (3.54%), Manganese: 0.07mg (3.53%), Vitamin E: 0.49mg (3.28%), Vitamin K: 2.72µg (2.59%), Fiber: 0.62g (2.47%), Vitamin B6: 0.04mg (2.19%), Vitamin B3: 0.32mg (1.62%), Vitamin B2: 0.02mg (1.3%), Folate: 5.09µg (1.27%), Vitamin B5: 0.11mg (1.05%)