



Spicy Adobo Shrimp Cocktail



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon adobo sauce from chipotles in adobo canned
- ☐ 1 firm-ripe 6-to 8-ounces avocado chopped
- ☐ 1 rib celery sliced
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 1 kirby cucumber peeled chopped
- ☐ 1 small garlic clove minced
- ☐ 0.3 cup catsup
- ☐ 3 tablespoons juice of lime fresh

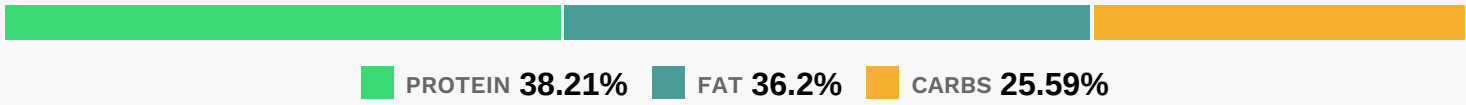
- ☐ 1 plum tomatoes seeded chopped
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 2 tablespoons water
- ☐ 3 tablespoons onion white finely chopped

Equipment

Directions

- ☐ Cook shrimp in lightly salted boiling water until just cooked through, 2 to 3 minutes, then drain. Chill until cold, about 10 minutes.
- ☐ Gently stir together remaining ingredients with 1/2 teaspoon salt, then stir in shrimp.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:10.517391329226%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 187.48kcal (9.37%), Fat: 8.01g (12.32%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 8.29g (3.02%), Sugar: 5.57g (6.19%), Cholesterol: 136.93mg (45.64%), Sodium: 244.38mg (10.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.02g (38.04%), Copper: 0.51mg (25.66%), Phosphorus: 236.56mg (23.66%), Potassium: 677.94mg (19.37%), Fiber: 4.45g (17.78%), Vitamin K: 18.43µg (17.55%), Vitamin C: 14.39mg (17.44%), Magnesium: 58.99mg (14.75%), Folate: 57.66µg (14.42%), Vitamin B6: 0.23mg (11.33%), Zinc: 1.67mg (11.15%), Manganese: 0.21mg (10.6%), Vitamin E: 1.4mg (9.32%), Vitamin B5: 0.93mg (9.28%), Calcium:

79.88mg (7.99%), Vitamin A: 353.95IU (7.08%), Vitamin B2: 0.12mg (6.88%), Vitamin B3: 1.24mg (6.21%), Iron: 1.05mg (5.84%), Vitamin B1: 0.07mg (4.82%)