



Tex-Mex Shrimp Cocktail

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small avocado diced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup jalapeño pepper jelly red hot
- ☐ 1 slices garnishes: lime cilantro sprigs fresh
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon lime zest
- ☐ 1 cup mangos diced
- ☐ 0.5 cup bell pepper diced red

☐ 1 pound shrimp cooked peeled ()

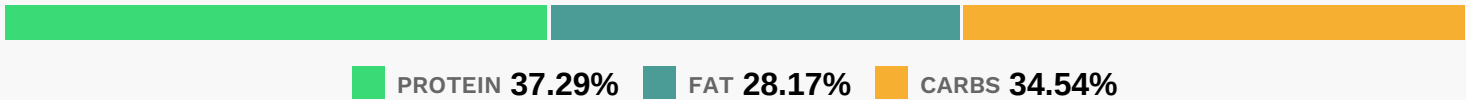
Equipment

☐ whisk

Directions

- ☐ Whisk together first 3 ingredients.
- ☐ Pour into a large zip-top plastic freezer bag; add shrimp and next 3 ingredients, turning to coat. Seal and chill 4 hours, turning occasionally.
- ☐ Add avocado.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:2.36, Inflammation Score:-6, Nutrition Score:9.2078260429527%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.84mg, Hesperetin: 1.84mg, Hesperetin: 1.84mg, Hesperetin: 1.84mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 165.18kcal (8.26%), Fat: 5.47g (8.41%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 12.02g (4.37%), Sugar: 10.28g (11.42%), Cholesterol: 121.71mg (40.57%), Sodium: 97.07mg (4.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.57%), Vitamin C: 33.9mg (41.09%), Copper: 0.4mg (19.88%), Phosphorus: 188.4mg (18.84%), Vitamin A: 854.05IU (17.08%), Potassium: 451.94mg (12.91%), Fiber: 3.06g (12.26%), Folate: 46.27µg (11.57%), Vitamin K: 10.94µg (10.42%), Magnesium: 41.52mg (10.38%), Zinc: 1.3mg (8.65%),

Vitamin B6: 0.16mg (8.04%), Vitamin E: 1.18mg (7.87%), Calcium: 58.87mg (5.89%), Vitamin B5: 0.58mg (5.8%),
Manganese: 0.11mg (5.43%), Vitamin B3: 0.91mg (4.57%), Vitamin B2: 0.07mg (3.98%), Iron: 0.71mg (3.94%),
Vitamin B1: 0.04mg (2.7%)