



The Spaniard's Cocktail of Shrimp

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados pitted peeled cut into 1/2-inch cubes
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 6 servings round buttery crackers for serving (recommended: saltines)
- ☐ 1 cucumber peeled cut into 1/2-inch cubes
- ☐ 3 tablespoons cilantro leaves fresh roughly chopped
- ☐ 3 tablespoons garlic crushed
- ☐ 3 tablespoons ground cumin
- ☐ 3 tablespoons hot sauce (recommended: Tapatio)

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- ☐ 2 juice of lime juiced
- ☐ 1.5 cups catsup
- ☐ 1 slices lime for serving
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1.5 cups orange soda (recommended: Fanta)
- ☐ 3 teaspoons oregano dried
- ☐ 1 onion red peeled cut into 1/2-inch cubes
- ☐ 1.5 teaspoons sea salt
- ☐ 6 ounces water (add sparingly, 2 ounces at a time, to get desired consistency)

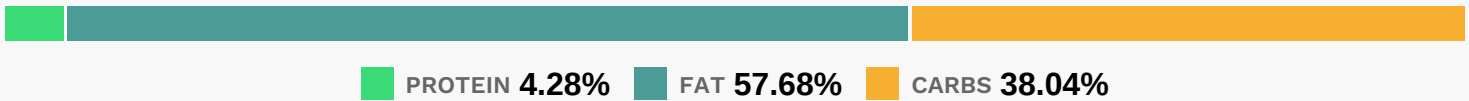
Equipment

- ☐ grill

Directions

- ☐ For the shrimp: Prepare a grill to medium-high heat.
- ☐ Mix all the ingredients except for the shrimp in a 1-gallon zip lock bag.
- ☐ Add the shrimp and marinate in the refrigerator for up to 6 hours.
- ☐ Remove the shrimp from the marinade and place on the grill. Cook until the meat is opaque.
- ☐ Remove from heat and cool immediately.
- ☐ Cut each shrimp into 4 pieces.
- ☐ Mix all the ingredients together.
- ☐ Add the shrimp to the sauce.
- ☐ Mix together and serve in a martini glasses with slices of lime and saltine crackers.

Nutrition Facts



Properties

Glycemic Index:43.42, Glycemic Load:3.3, Inflammation Score:-9, Nutrition Score:17.138695656767%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 13.66mg, Hesperetin: 13.66mg, Hesperetin: 13.66mg, Hesperetin: 13.66mg Naringenin: 6.97mg, Naringenin: 6.97mg, Naringenin: 6.97mg, Naringenin: 6.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 363.53kcal (18.18%), Fat: 25.11g (38.63%), Saturated Fat: 3.52g (21.97%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 29.71g (10.8%), Sugar: 19.38g (21.54%), Cholesterol: 0mg (0%), Sodium: 1392.96mg (60.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.39%), Vitamin C: 47.31mg (57.35%), Vitamin K: 36.89µg (35.13%), Vitamin E: 4.74mg (31.62%), Fiber: 7.55g (30.2%), Manganese: 0.54mg (27%), Folate: 92.28µg (23.07%), Potassium: 789.68mg (22.56%), Vitamin B6: 0.44mg (21.83%), Iron: 3.56mg (19.77%), Vitamin B2: 0.27mg (15.66%), Copper: 0.31mg (15.38%), Magnesium: 57.43mg (14.36%), Vitamin B3: 2.64mg (13.21%), Vitamin B5: 1.29mg (12.93%), Vitamin A: 634.32IU (12.69%), Vitamin B1: 0.17mg (11.39%), Calcium: 104.13mg (10.41%), Phosphorus: 101.62mg (10.16%), Zinc: 0.95mg (6.31%), Selenium: 2.18µg (3.11%)