



Wild West Coast Seafood Shrimp Cocktail Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



245 min.

SERVINGS



4

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon garlic chopped
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 tablespoons horseradish prepared
- ☐ 0.3 cup catsup

Equipment

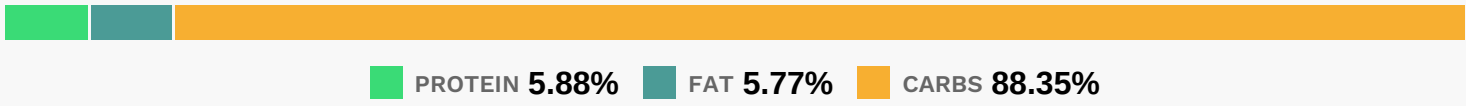
- ☐ bowl

Directions

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Stir together ketchup, horseradish, garlic, chili powder, and allspice in a small bowl. Cover bowl; refrigerate for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:1.4773913187825%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 21.93kcal (1.1%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 5.1g (1.85%), Sugar: 3.84g (4.26%), Cholesterol: 0mg (0%), Sodium: 176.07mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.75%), Vitamin A: 226.77IU (4.54%), Vitamin C: 2.82mg (3.42%), Vitamin E: 0.41mg (2.74%), Manganese: 0.05mg (2.63%), Vitamin B6: 0.05mg (2.47%), Potassium: 75.97mg (2.17%), Fiber: 0.54g (2.14%), Vitamin B2: 0.03mg (1.9%), Vitamin B3: 0.31mg (1.57%), Folate: 5.88µg (1.47%), Magnesium: 5.24mg (1.31%), Copper: 0.03mg (1.29%), Iron: 0.2mg (1.12%), Calcium: 11.11mg (1.11%), Vitamin K: 1.09µg (1.04%)