



Wood-grilled Shrimp Cocktail with Creamy Horseradish Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 4 servings creamy horseradish sauce
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 slices optional: lemon
- ☐ 0.3 cup olive oil
- ☐ 1 cup salad greens loosely packed

☐

16 large shrimp with tails on deveined peeled

Equipment

☐

bowl

☐

grill

Directions

☐

Combine first 5 ingredients in a large bowl; cover and chill 1 hour. Grill shrimp over medium-high heat 3 to 5 minutes or until done.

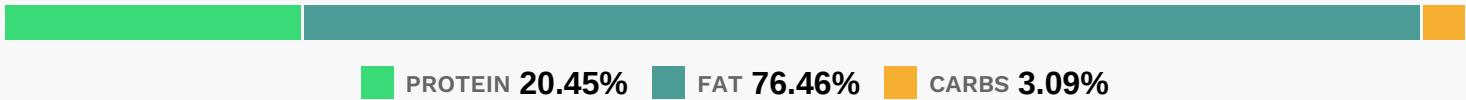
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Place greens in 4 martini glasses or serving dishes. Dollop 3 tablespoons horseradish sauce in center of each, and arrange 4 shrimp around rim.

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Serve with lemon slices.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:3.2582608649264%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 158.67kcal (7.93%), Fat: 13.76g (21.17%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.44g (0.49%), Cholesterol: 64.4mg (21.47%), Sodium: 362.26mg (15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.57%), Vitamin E: 1.95mg (12.99%), Phosphorus: 92.06mg (9.21%), Copper: 0.17mg (8.48%), Vitamin K: 8.4µg (8%), Vitamin C: 5.29mg (6.42%), Magnesium: 17.61mg (4.4%), Zinc: 0.61mg (4.07%), Potassium: 142.42mg (4.07%), Calcium: 33.05mg (3.3%), Manganese: 0.06mg (3%), Vitamin A: 138.52IU (2.77%), Iron: 0.48mg (2.67%), Folate: 6.99µg (1.75%), Fiber: 0.32g (1.26%)