



Boiled Spiced Shrimp with Whole Tomato Ketchup



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 carrots
- ☐ 1 celery
- ☐ 0.3 cup granulated sugar
- ☐ 2 pints grape tomatoes
- ☐ 1 pinch ground cloves
- ☐ 1 small onion

- ☐ 1 tablespoon rice vinegar
- ☐ 6 servings salt
- ☐ 1 tablespoon sherry vinegar
- ☐ 1 pound shrimp
- ☐ 1 tablespoon shrimp boil spice
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

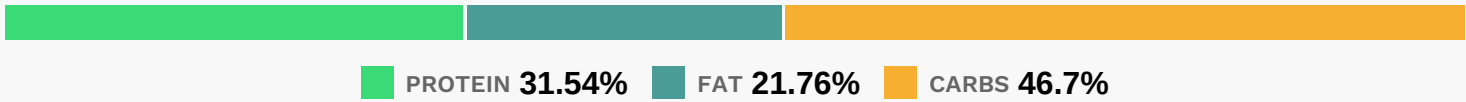
Directions

- ☐ Heat a pot of water to a boil. Peel and devein the shrimp.
- ☐ Put the shells into another pot along with the carrot, celery, onion, sherry and rice vinegars, 1 cup water and 1 tablespoon salt. Bring to a boil, turn down the heat and simmer for 30 minutes.
- ☐ While the stock is cooking, mix the shrimp with the shrimp boil spice and refrigerate. Make an ice bath by placing ice cubes and cold water in a bowl. Once the pot of water is boiling, blanch the tomatoes for 30 seconds, remove with a slotted spoon and quickly cool in the ice bath. Work in a few batches so you don't overcook the tomatoes. Peel the tomatoes and set aside.
- ☐ Put 1 cup water, the sugars, pinch of cloves and 2 tablespoons salt in a saucepot and bring to a boil.
- ☐ Add the tomatoes and cook for 3 minutes. Set aside.
- ☐ Strain the shrimp stock and keep warm.
- ☐ Remove the shrimp from the refrigerator.
- ☐ Place a saute pan on high heat, add the oil, then the shrimp and cook for 1 minute.
- ☐ Add the stock and cook until the shrimp turn pink, about 3 minutes.

☐

Serve the shrimp with the ketchup on the side.

Nutrition Facts



Properties

Glycemic Index:43.99, Glycemic Load:8.02, Inflammation Score:-9, Nutrition Score:11.7839129333391%

Flavonoids

Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 212.5kcal (10.63%), Fat: 5.32g (8.19%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 23.22g (8.44%), Sugar: 22.42g (24.92%), Cholesterol: 125.68mg (41.89%), Sodium: 310.34mg (13.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.36g (34.72%), Vitamin A: 3042.49IU (60.85%), Vitamin C: 23.29mg (28.23%), Vitamin K: 24.16µg (23.01%), Phosphorus: 214.14mg (21.41%), Copper: 0.42mg (20.76%), Potassium: 660.39mg (18.87%), Manganese: 0.26mg (13.07%), Magnesium: 48.79mg (12.2%), Fiber: 2.49g (9.95%), Zinc: 1.37mg (9.15%), Vitamin E: 1.31mg (8.74%), Calcium: 82.67mg (8.27%), Vitamin B6: 0.16mg (8.15%), Folate: 30.3µg (7.58%), Iron: 0.99mg (5.48%), Vitamin B3: 1.08mg (5.41%), Vitamin B1: 0.07mg (4.79%), Vitamin B2: 0.04mg (2.61%), Vitamin B5: 0.21mg (2.11%)