



Charleston Harbor Pickled Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons creole seasoning
- 1 bell pepper green cut into thin strips
- 1 small onion sliced cut in half and
- 1 bell pepper red cut into thin strips
- 1 tablespoon salt
- 1 pound shrimp fresh unpeeled
- 1.5 cups water
- 2 quarts water

0.5 cup vinegar white

Equipment

bowl

dutch oven

Directions

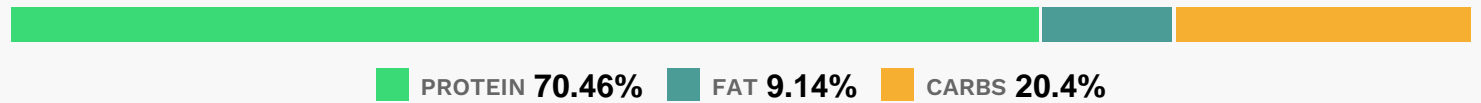
Bring 2 quarts water to a boil in a Dutch oven; add shrimp and Creole seasoning, and boil 2 minutes or just until shrimp turn pink; drain.

Peel shrimp, and devein, if desired.

Place shrimp in a bowl or jar. Top with onion and peppers. Stir together 1 1/2 cups water, vinegar, and salt; pour over peppers. Cover and chill 8 hours.

Drain before serving.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:6.9560869543449%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 67.37kcal (3.37%), Fat: 0.69g (1.06%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1.55g (1.73%), Cholesterol: 91.29mg (30.43%), Sodium: 955.85mg (41.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.99%), Vitamin C: 33.08mg (40.1%), Vitamin A: 1301.14IU (26.02%), Copper: 0.29mg (14.55%), Phosphorus: 136.85mg (13.68%), Magnesium: 29.83mg (7.46%), Potassium: 258.14mg (7.38%), Vitamin B6: 0.13mg (6.65%), Zinc: 0.91mg (6.06%), Manganese: 0.11mg (5.67%), Vitamin E: 0.85mg (5.67%), Calcium: 53.53mg (5.35%), Fiber: 1.22g (4.9%), Iron: 0.59mg (3.26%), Vitamin K: 3.37µg (3.21%), Folate: 11.98µg (2.99%), Vitamin B2: 0.04mg (2.14%), Vitamin B3: 0.39mg (1.95%), Vitamin B1: 0.03mg (1.78%)