



Chilled Seared Shrimp with Watermelon Pickle

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cider vinegar
- 1 cup cucumber english halved thinly sliced
- 0.5 teaspoon ground coriander
- 0.1 teaspoon ground pepper red
- 0.3 cup pickled watermelon rind marinade
- 0.5 cup pickled watermelon rind sliced
- 1 tablespoon olive oil
- 0.3 cup onion red thinly sliced

- 0.3 teaspoon salt
- 1 pound shrimp deveined peeled

Equipment

- bowl
- frying pan

Directions

- Place first 4 ingredients in a bowl; toss well.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add shrimp mixture to pan, and cook for 2 minutes on each side or until done.
- Remove shrimp from heat; cool 10 minutes.
- Combine shrimp, cucumber, and remaining ingredients in a large bowl; toss well. Chill 1 hour.

Nutrition Facts

PROTEIN 48.68% **FAT 47.58%** **CARBS 3.74%**

Properties

Glycemic Index:24.75, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:9.0204348745553%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 257.36kcal (12.87%), Fat: 13.55g (20.85%), Saturated Fat: 4.21g (26.34%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 1.92g (0.7%), Sugar: 1.02g (1.13%), Cholesterol: 215.85mg (71.95%), Sodium: 313.11mg (13.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.2g (62.39%), Phosphorus: 328.35mg (32.83%), Copper: 0.49mg (24.55%), Zinc: 3.57mg (23.79%), Vitamin B12: 1µg (16.72%), Potassium: 490.85mg (14.02%), Magnesium: 53.48mg (13.37%), Selenium: 7.25µg (10.36%), Vitamin B3: 2.03mg (10.17%), Iron: 1.67mg (9.3%), Calcium: 90.49mg (9.05%), Vitamin B6: 0.18mg (8.97%), Vitamin K: 7.32µg (6.97%), Vitamin B2: 0.08mg (4.87%), Vitamin E: 0.73mg (4.84%), Manganese: 0.1mg (4.78%), Vitamin B5: 0.32mg (3.19%), Vitamin B1: 0.03mg (2.27%), Vitamin C: 1.81mg (2.2%), Folate: 7.7µg (1.93%), Fiber: 0.48g (1.91%), Vitamin A: 53.57IU (1.07%)