



Cider-Poached Shrimp with Jezebel Apple Salsa



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings jezebel apple salsa
- ☐ 3.5 cups cider hard
- ☐ 6 cups ice cubes
- ☐ 2 pounds shrimp raw with tails peeled
- ☐ 2 teaspoons salt

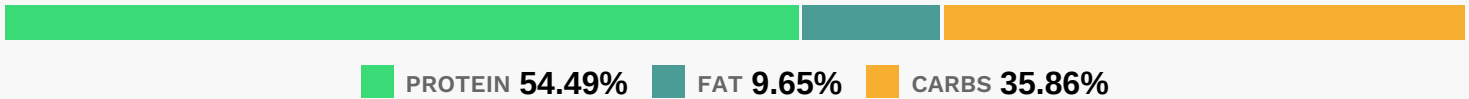
Equipment

- ☐ dutch oven

Directions

- ☐ Devein shrimp. Bring cider and salt to a boil in a Dutch oven over medium-high heat.
- ☐ Add shrimp; remove from heat. Cover and let stand 5 minutes or until shrimp turn pink. Stir in ice; let stand 5 minutes.
- ☐ Remove shrimp; chill 1 to 24 hours.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:2.28, Inflammation Score:-6, Nutrition Score:11.515652190084%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 196.29kcal (9.81%), Fat: 1.63g (2.51%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 12.15g (4.42%), Sugar: 10.15g (11.28%), Cholesterol: 190.51mg (63.5%), Sodium: 1648.9mg (71.69%), Alcohol: 6.88g (100%), Alcohol %: 1.48% (100%), Protein: 20.74g (41.48%), Selenium: 44.76µg (63.94%), Phosphorus: 375.8mg (37.58%), Vitamin B12: 1.68µg (27.97%), Copper: 0.33mg (16.53%), Vitamin E: 2.11mg (14.06%), Vitamin B3: 2.75mg (13.73%), Vitamin B6: 0.27mg (13.45%), Zinc: 1.52mg (10.12%), Magnesium: 38.77mg (9.69%), Calcium: 92.97mg (9.3%), Folate: 30.6µg (7.65%), Potassium: 237.89mg (6.8%), Vitamin A: 305.91IU (6.12%), Fiber: 1.5g (6%), Vitamin B5: 0.51mg (5.07%), Vitamin C: 2.88mg (3.48%), Manganese: 0.07mg (3.39%), Vitamin B1: 0.04mg (2.72%), Vitamin B2: 0.04mg (2.29%), Iron: 0.4mg (2.22%), Vitamin K: 1.83µg (1.74%), Vitamin D: 0.15µg (1.01%)