



Grilled Brined Shrimp with Garlic Oil

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 1 ciabatta bread sliced
- ☐ 0.3 cup coarse kosher salt
- ☐ 1 cup cooking wine dry white
- ☐ 4 garlic cloves chopped
- ☐ 8 cups ice water divided
- ☐ 2 lemons; 1 chopped cut into wedges
- ☐ 0.8 cup olive oil extra-virgin

- ☐ 2 pounds shrimp with shells (32 shrimp) uncooked
- ☐ 6 turkish bay leaf divided

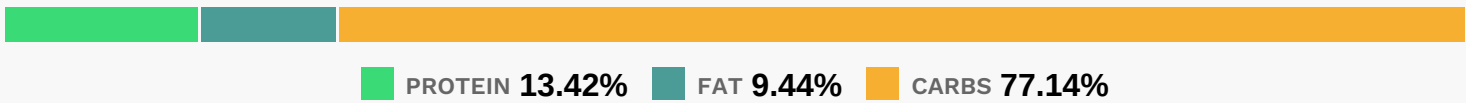
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ kitchen scissors

Directions

- ☐ Stir 1 cup ice water and 1/3 cup salt in small saucepan over high heat until salt dissolves, about 5 minutes.
- ☐ Transfer salt water to large bowl.
- ☐ Mix in wine, 2 bay leaves, chopped lemon, peppercorns, and remaining 7 cups water, then shrimp. Chill at least 15 minutes and up to 1/2 hour.
- ☐ Meanwhile, prepare barbecue (medium-high heat).
- ☐ Whisk oil and garlic in small bowl to blend.
- ☐ Drain shrimp, rinse, and drain well. Using kitchen scissors, cut shells down center of back side and devein, leaving shells intact. Grill shrimp in shells until charred and just opaque, 3 to 4 minutes per side. Grill bread until beginning to brown, about 2 minutes per side.
- ☐ Transfer shrimp to another large bowl.
- ☐ Add half of garlic oil and toss to coat. Mound shrimp on platter.
- ☐ Garnish with remaining 4 bay leaves and lemon wedges.
- ☐ Serve with grilled bread and remaining garlic oil.

Nutrition Facts



Properties

Glycemic Index:18.06, Glycemic Load:34.78, Inflammation Score:-5, Nutrition Score:15.001304428862%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 620.91kcal (31.05%), Fat: 6.26g (9.63%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 115.08g (38.36%), Net Carbohydrates: 109.96g (39.98%), Sugar: 4.01g (4.45%), Cholesterol: 0mg (0%), Sodium: 5012.26mg (217.92%), Alcohol: 3.09g (100%), Alcohol %: 0.79% (100%), Protein: 20.02g (40.03%), Selenium: 72.05µg (102.92%), Manganese: 1.16mg (58.08%), Phosphorus: 226.86mg (22.69%), Fiber: 5.12g (20.5%), Copper: 0.39mg (19.44%), Vitamin C: 14.81mg (17.96%), Magnesium: 68.68mg (17.17%), Zinc: 1.71mg (11.4%), Vitamin B6: 0.22mg (10.92%), Iron: 1.86mg (10.36%), Vitamin B3: 2mg (10.01%), Potassium: 322.52mg (9.21%), Vitamin B1: 0.12mg (7.84%), Folate: 23.91µg (5.98%), Vitamin B5: 0.57mg (5.66%), Vitamin E: 0.75mg (5.02%), Calcium: 48.15mg (4.82%), Vitamin B2: 0.08mg (4.73%), Vitamin K: 3.15µg (3%)