



Kiki's Sweet and Spicy Marinated Shrimp



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



10

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons onion flakes dried minced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 2 jalapeño peppers fresh finely minced deveined seeded
- ☐ 1 optional: lemon sliced
- ☐ 2 cups red wine vinegar
- ☐ 10 servings salt and pepper to taste
- ☐ 4 pounds shrimp deveined cooked peeled

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0.8 cup caster sugar

Equipment

☐

bowl

☐

pot

☐

ziploc bags

Directions

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Pour vinegar into a pot over high heat. Stir in lemon slices, jalapeno peppers, garlic, onion flakes, and sugar. Bring to a rapid boil, stirring until sugar is dissolved.

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Remove from heat, and cool to lukewarm.

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Place the shrimp and cilantro into a resealable plastic bag.

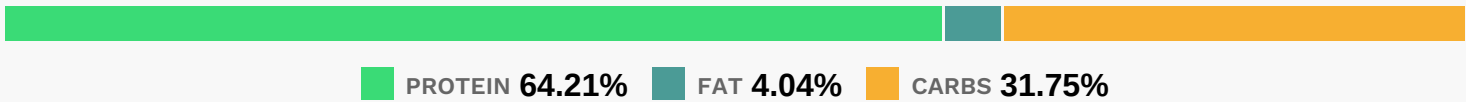
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Pour the lukewarm sauce into the bag, seal tightly; refrigerate overnight, turning the bag over several times.

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Drain liquid from resealable bag, and place shrimp in a large bowl. Season with salt and pepper, and toss well.

Nutrition Facts



Properties

Glycemic Index:18.96, Glycemic Load:10.77, Inflammation Score:-1, Nutrition Score:7.8795652208121%

Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 233.41kcal (11.67%), Fat: 1.03g (1.59%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 17.64g (6.41%), Sugar: 16.12g (17.91%), Cholesterol: 292.11mg (97.37%), Sodium: 414.73mg (18.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.88g (73.75%), Phosphorus: 402.18mg (40.22%), Copper:

0.73mg (36.63%), Magnesium: 68.87mg (17.22%), Zinc: 2.51mg (16.72%), Potassium: 557.96mg (15.94%), Vitamin C: 11.17mg (13.54%), Calcium: 129.44mg (12.94%), Iron: 1.29mg (7.18%), Manganese: 0.13mg (6.67%), Vitamin B6: 0.06mg (3.21%), Fiber: 0.59g (2.38%), Vitamin K: 1.85µg (1.76%), Folate: 5.54µg (1.38%), Vitamin A: 59.99IU (1.2%), Vitamin B1: 0.02mg (1.17%)