



Marinated Shrimp-and-Fennel Salad

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

READY IN



45 min.

SERVINGS



2

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 servings garnish: cilantro sprigs
- 1 medium size fennel bulb thinly sliced
- 2 tablespoons flat-leaf parsley chopped
- 1 tablespoons cilantro leaves fresh coarsely chopped
- 2 tablespoons green onions thinly sliced
- 1 teaspoon jalapeno fresh chopped
- 12 jumbo shrimp fresh
- 0.3 teaspoon kosher salt divided

- 1 tablespoon juice of lemon fresh
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil extra-virgin divided
- 0.3 teaspoon pepper divided freshly ground
- 0.3 cup vodka
- 6 cups water


Equipment

- bowl
- paper towels

Directions

- Stir together 2 tablespoons olive oil, 1/8 teaspoon kosher salt, 1/8 teaspoon pepper, and next 5 ingredients in a medium bowl. Set aside.
- Peel shrimp, leaving tails intact; devein, if desired. Set aside.
- Bring water to a boil; dip shrimp in vodka, and add to boiling water. Cook 3 to 5 minutes or just until shrimp turn pink.
- Drain and plunge into ice water.
- Drain and pat dry with paper towels.
- Add shrimp to onion mixture; toss well. Cover and chill 2 hours.
- Combine fennel, remaining olive oil, salt, and pepper, and 2 tablespoons lemon juice; toss well; cover and chill 2 hours.
- To serve, spoon fennel mixture onto 2 individual serving plates. Arrange shrimp around fennel; drizzle remaining onion mixture over shrimp.
- Garnish, if desired.

Nutrition Facts

 PROTEIN 15.91%  FAT 71.34%  CARBS 12.75%

Properties

Glycemic Index:126, Glycemic Load:2.4, Inflammation Score:-7, Nutrition Score:15.24782608903%

Flavonoids

Eriodictyol: 2.36mg, Eriodictyol: 2.36mg, Eriodictyol: 2.36mg, Eriodictyol: 2.36mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 404.98kcal (20.25%), Fat: 27.66g (42.55%), Saturated Fat: 3.91g (24.46%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 7g (2.54%), Sugar: 5.45g (6.05%), Cholesterol: 96.6mg (32.2%), Sodium: 462.94mg (20.13%), Alcohol: 10.02g (100%), Alcohol %: 1.3% (100%), Protein: 13.87g (27.75%), Vitamin K: 169.55µg (161.48%), Vitamin C: 32.24mg (39.08%), Vitamin E: 4.76mg (31.75%), Copper: 0.45mg (22.41%), Potassium: 716.39mg (20.47%), Phosphorus: 195.93mg (19.59%), Fiber: 4.12g (16.5%), Manganese: 0.3mg (14.92%), Magnesium: 53.43mg (13.36%), Calcium: 130.27mg (13.03%), Vitamin A: 603.47IU (12.07%), Folate: 46.91µg (11.73%), Iron: 1.71mg (9.52%), Zinc: 1.2mg (7.97%), Vitamin B3: 0.89mg (4.46%), Vitamin B6: 0.08mg (4.21%), Vitamin B5: 0.33mg (3.34%), Vitamin B2: 0.05mg (3.2%), Vitamin B1: 0.03mg (1.79%), Selenium: 0.91µg (1.3%)