



Marinated Shrimp Salad



Gluten Free



Dairy Free

READY IN



523 min.

SERVINGS



8

CALORIES



256 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 bay leaves
- ☐ 1 cup julienne-cut bell pepper yellow (3-inch)
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 cup fennel bulb thinly sliced
- ☐ 1 teaspoon fennel seeds
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup juice of lemon fresh

- ☐ 1 teaspoon lemon rind grated
- ☐ 1 teaspoon mustard seeds
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.7 cup shallots thinly sliced
- ☐ 3 pounds shrimp unpeeled
- ☐ 0.5 teaspoon sugar
- ☐ 3 quarts water

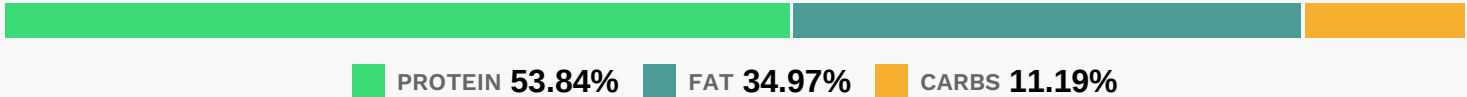
Equipment

- ☐ bowl
- ☐ whisk
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Peel and devein shrimp, leaving tails intact; discard the shells.
- ☐ Bring 3 quarts water to a boil in a Dutch oven.
- ☐ Add shrimp; cook 3 minutes or just until shrimp turn pink.
- ☐ Drain and rinse with cold water; drain.
- ☐ Place shrimp in a large bowl.
- ☐ Add bell pepper, fennel, shallots, and garlic; toss to combine.
- ☐ Combine rind and next 6 ingredients (through pepper) in a medium bowl, stirring with a whisk. Gradually add oil, stirring constantly with a whisk. Stir in bay leaves.
- ☐ Combine oil mixture and shrimp mixture in a large zip-top plastic bag; toss well to coat. Seal and marinate in refrigerator at least 8 hours or up to 24 hours, turning bag occasionally. Discard bay leaves.

Nutrition Facts



Properties

Glycemic Index:21.89, Glycemic Load:1.29, Inflammation Score:-4, Nutrition Score:11.58782603948%

Flavonoids

Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 256.13kcal (12.81%), Fat: 10.19g (15.67%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 5.9g (2.15%), Sugar: 2.67g (2.97%), Cholesterol: 273.86mg (91.29%), Sodium: 522.11mg (22.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.29g (70.58%), Vitamin C: 43.74mg (53.02%), Phosphorus: 393.47mg (39.35%), Copper: 0.78mg (38.96%), Magnesium: 75.14mg (18.79%), Potassium: 629.89mg (18%), Zinc: 2.51mg (16.72%), Calcium: 142.56mg (14.26%), Vitamin K: 12.58µg (11.98%), Manganese: 0.21mg (10.47%), Vitamin E: 1.46mg (9.72%), Iron: 1.5mg (8.31%), Vitamin B6: 0.13mg (6.6%), Fiber: 1.43g (5.73%), Folate: 18.33µg (4.58%), Selenium: 1.35µg (1.94%), Vitamin B1: 0.03mg (1.9%), Vitamin A: 94.36IU (1.89%), Vitamin B3: 0.35mg (1.73%), Vitamin B5: 0.15mg (1.45%), Vitamin B2: 0.02mg (1.12%)