



Marinated Shrimp with Capers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup pickling spice
- ☐ 8 bay leaves
- ☐ 3 tablespoons capers undrained
- ☐ 1 ribs rib celery with leaves 4-inch
- ☐ 2.5 teaspoons celery seed
- ☐ 2 teaspoons hot sauce
- ☐ 1 large purple onion thinly sliced
- ☐ 1 tablespoon salt

- ☐ 1.5 teaspoons salt
- ☐ 2.5 pounds shrimp fresh unpeeled
- ☐ 1.5 cups vegetable oil
- ☐ 6.5 cups water
- ☐ 0.8 cup vinegar white

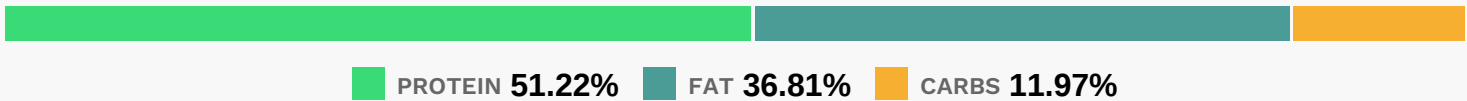
Equipment

- ☐ bowl

Directions

- ☐ Bring 6 1/2 cups water to a boil; add shrimp and next 3 ingredients. Cook 3 to 5 minutes or just until shrimp turn pink.
- ☐ Drain shrimp, and rinse with cold water.
- ☐ Peel shrimp, and devein, if desired.
- ☐ Place in a 13- x 9-inch dish. Top with onion slices and bay leaves.
- ☐ Stir together oil and next 5 ingredients; pour over shrimp mixture. Cover and chill 4 to 8 hours, stirring occasionally.
- ☐ Remove bay leaves before serving.
- ☐ Note: Claudia cools and serves the shrimp in an attractive ice bowl. Simply stack two bowls, one slightly smaller than the other, and weigh down the center with a heavy can. Fill the outer bowl with water and sliced lemon. Freeze.
- ☐ Remove the can and both bowls.
- ☐ Place ice bowl on a plate, and fill with shrimp.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:12.826956471671%

Flavonoids

Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 4.77mg, Luteolin: 4.77mg, Luteolin: 4.77mg, Luteolin: 4.77mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 225.73kcal (11.29%), Fat: 9.42g (14.5%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 3.31g (1.2%), Sugar: 0.93g (1.03%), Cholesterol: 228.21mg (76.07%), Sodium: 1599.87mg (69.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.01%), Vitamin K: 61.85µg (58.91%), Copper: 0.66mg (33.01%), Phosphorus: 323.2mg (32.32%), Manganese: 0.51mg (25.42%), Calcium: 233.17mg (23.32%), Iron: 3.89mg (21.59%), Magnesium: 77.07mg (19.27%), Zinc: 2.2mg (14.7%), Fiber: 3.58g (14.31%), Potassium: 500.44mg (14.3%), Vitamin E: 2.06mg (13.71%), Folate: 21.17µg (5.29%), Vitamin B6: 0.1mg (5.17%), Vitamin B2: 0.05mg (2.94%), Vitamin A: 138.87IU (2.78%), Vitamin C: 2.22mg (2.69%), Vitamin B3: 0.4mg (2.01%), Vitamin B1: 0.02mg (1.5%)