



Marinated Shrimp with Rémoulade Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup celery finely chopped
- ☐ 3 stalks celery cut into 3 pieces
- ☐ 2 cups cooking wine dry white
- ☐ 2 garlic cloves halved
- ☐ 1 Dash ground pepper red
- ☐ 0.3 teaspoon hungarian paprika sweet

- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons parsley finely chopped
- ☐ 2 tablespoons onion red finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sherry vinegar
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.3 cup spicy brown mustard
- ☐ 1 cup tarragon vinegar
- ☐ 2 cups watercress trimmed (1 bunch)
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Combine first 9 ingredients in a Dutch oven; bring to a boil. Reduce heat; simmer 30 minutes. Return mixture to a boil; add shrimp. Cook 3 minutes or until done.
- ☐ Drain shrimp in a colander over a medium bowl, reserving cooking liquid. Rinse shrimp under cold water; drain well. Set aside. Discard celery stalks, garlic, and bay leaves from cooking liquid; set cooking liquid aside.
- ☐ Let cool completely.
- ☐ Add shrimp to cooled cooking liquid, and cover and marinate in refrigerator 24 hours.
- ☐ Combine chopped celery and next 7 ingredients (celery through black pepper) in a small bowl; stir well. Cover and chill 24 hours.
- ☐ Drain shrimp; discard liquid.
- ☐ Combine shrimp and 1/2 cup remoulade in a bowl; stir well. Arrange 1/2 cup watercress on each of 4 plates; top each with 6 shrimp and 2 tablespoons remoulade.

Nutrition Facts

 **PROTEIN 62.94%**  **FAT 18.86%**  **CARBS 18.2%**

Properties

Glycemic Index:90.25, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:14.351739116337%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 5.89mg, Apigenin: 5.89mg, Apigenin: 5.89mg, Apigenin: 5.89mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 250.17kcal (12.51%), Fat: 3.27g (5.03%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 5.2g (1.89%), Sugar: 2.43g (2.7%), Cholesterol: 182.57mg (60.86%), Sodium: 445.49mg (19.37%), Alcohol: 12.36g (100%), Alcohol %: 3% (100%), Protein: 24.55g (49.11%), Vitamin K: 93.67µg (89.21%), Phosphorus: 313.22mg (31.32%), Copper: 0.53mg (26.36%), Manganese: 0.43mg (21.45%), Vitamin A: 1045.71IU (20.91%), Potassium: 640.74mg (18.31%), Magnesium: 73.23mg (18.31%), Vitamin C: 12.66mg (15.35%), Calcium: 151.21mg (15.12%), Zinc: 1.93mg (12.87%), Selenium: 6.36µg (9.08%), Iron: 1.59mg (8.81%), Vitamin B6: 0.16mg (8.21%), Fiber: 1.9g (7.6%), Folate: 27.93µg (6.98%), Vitamin B2: 0.09mg (5.13%), Vitamin E: 0.72mg (4.82%), Vitamin B1: 0.07mg (4.66%), Vitamin B5: 0.32mg (3.16%), Vitamin B3: 0.49mg (2.43%)