



Moise Island Marinated Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



108 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings garnish: habanero chiles
- ☐ 2 tablespoons ginger fresh chopped
- ☐ 4 garlic cloves
- ☐ 1 tablespoon hot sauce
- ☐ 12 ounce rice wine vinegar
- ☐ 1 tablespoon salt
- ☐ 3 pounds shrimp steamed peeled

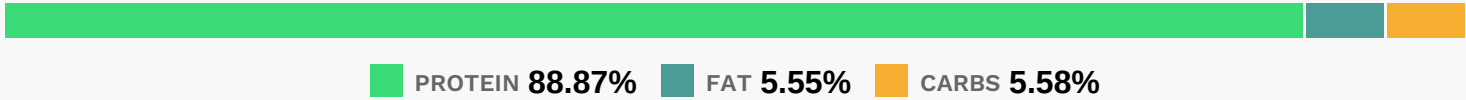
Equipment

- ☐ ziploc bags
- ☐ mortar and pestle

Directions

- ☐ Grind first 3 ingredients to a paste with a mortar and pestle.
- ☐ Combine ginger mixture with shrimp, hot sauce, and vinegar in a large heavy-duty zip-top plastic bag. Seal and chill at least 8 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:5.4791304391363%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 108.03kcal (5.4%), Fat: 0.64g (0.98%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.25g (0.46%), Sugar: 0.58g (0.65%), Cholesterol: 182.57mg (60.86%), Sodium: 746.73mg (32.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.07g (46.14%), Phosphorus: 250.15mg (25.02%), Copper: 0.46mg (23.22%), Vitamin C: 15.55mg (18.85%), Magnesium: 43.09mg (10.77%), Zinc: 1.57mg (10.44%), Potassium: 342.67mg (9.79%), Calcium: 78.12mg (7.81%), Manganese: 0.09mg (4.66%), Iron: 0.74mg (4.09%), Vitamin B6: 0.07mg (3.33%), Vitamin A: 97.04IU (1.94%), Vitamin K: 1.44µg (1.38%)