



## Orange Wine Shrimp Cocktail



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



1832 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 sprigs thyme leaves fresh
- 4 servings kosher salt
- 0.3 cup olive oil extra-virgin
- 4 oranges (blood oranges, if available)
- 1 pinch pepper flakes red
- 1 pound shrimp unpeeled
- 3 cups sugar
- 0.5 vanilla pod

- 3 cups vodka
- 12.5 cups box white wine

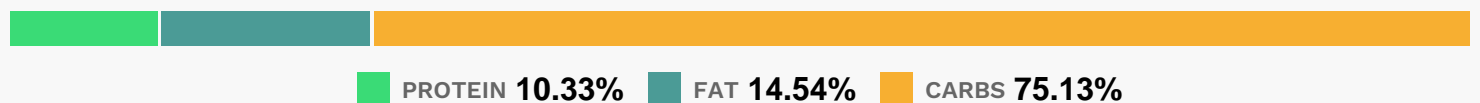
## Equipment

- frying pan
- knife

## Directions

- Remove the orange zest in wide strips with a paring knife and place in a large sterilized container with a lid. Juice the oranges into the container. Split the vanilla bean lengthwise and scrape the seeds into the container, then add the pod. Stir in the wine, vodka and sugar. You can use the wine for poaching the shrimp right away or, ideally, cover with the lid and set aside in a cool, dark place, stirring once a week, for 2 to 4 weeks. (The wine will keep for up to 2 months.)
- Combine 1 1/2 cups orange wine with the olive oil, thyme, red pepper flakes, a generous pinch of salt and 1/2 cup water in a large skillet. Bring to a simmer over medium-low heat, then add the shrimp, cover and poach 2 to 3 minutes. Turn the shrimp, cover and cook until pink, 2 to 3 more minutes.
- Transfer the shrimp to a serving dish. Boil the poaching liquid for 10 minutes, drizzle some over the shrimp and serve the rest on the side.
- Photograph by Ngoc Minh Ngo

## Nutrition Facts



## Properties

Glycemic Index:46.9, Glycemic Load:108.18, Inflammation Score:-10, Nutrition Score:12.793912991233%

## Flavonoids

Malvidin: 0.45mg, Malvidin: 0.45mg, Malvidin: 0.45mg, Malvidin: 0.45mg Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg Epicatechin: 4.13mg, Epicatechin: 4.13mg, Epicatechin: 4.13mg, Epicatechin: 4.13mg Hesperetin: 6.54mg, Hesperetin: 6.54mg, Hesperetin: 6.54mg, Hesperetin: 6.54mg Naringenin: 4.84mg, Naringenin: 4.84mg, Naringenin: 4.84mg, Naringenin: 4.84mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol:

0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## **Nutrients (% of daily need)**

Calories: 1832.18kcal (91.61%), Fat: 14.68g (22.58%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 170.72g (56.91%), Net Carbohydrates: 170.33g (61.94%), Sugar: 158.12g (175.69%), Cholesterol: 182.57mg (60.86%), Sodium: 370.26mg (16.1%), Alcohol: 137.37g (100%), Alcohol %: 14.25% (100%), Protein: 23.47g (46.94%), Manganese: 0.93mg (46.68%), Phosphorus: 389.1mg (38.91%), Magnesium: 116.83mg (29.21%), Copper: 0.51mg (25.55%), Potassium: 863.91mg (24.68%), Vitamin B6: 0.39mg (19.25%), Zinc: 2.45mg (16.36%), Iron: 2.89mg (16.05%), Calcium: 149.14mg (14.91%), Vitamin E: 1.98mg (13.18%), Vitamin K: 11.15µg (10.62%), Vitamin B2: 0.16mg (9.49%), Vitamin C: 7.72mg (9.35%), Vitamin B3: 0.86mg (4.29%), Vitamin B1: 0.06mg (3.87%), Vitamin B5: 0.37mg (3.72%), Folate: 11.63µg (2.91%), Selenium: 1.72µg (2.46%), Fiber: 0.39g (1.56%), Vitamin A: 60.42IU (1.21%)