



Orange Wine Shrimp Cocktail



Gluten Free



Dairy Free



Low Fod Map

READY IN



31 min.

SERVINGS



6

CALORIES



1221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 sprigs thyme leaves fresh
- ☐ 6 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

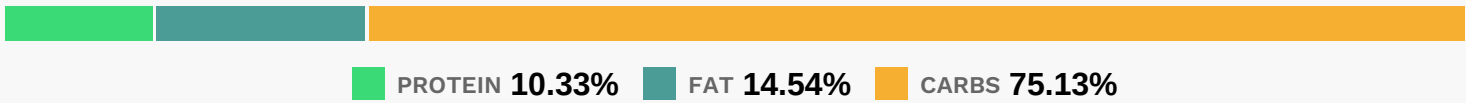
Equipment

- ☐ 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:31.27, Glycemic Load:72.12, Inflammation Score:-9, Nutrition Score:8.5313042531843%

Flavonoids

Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg Hesperetin: 4.36mg, Hesperetin: 4.36mg, Hesperetin: 4.36mg, Hesperetin: 4.36mg Naringenin: 3.23mg, Naringenin: 3.23mg, Naringenin: 3.23mg, Naringenin: 3.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.06mg, Kaempferol:

0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 1221.46kcal (61.07%), Fat: 9.79g (15.06%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 113.82g (37.94%), Net Carbohydrates: 113.56g (41.29%), Sugar: 105.41g (117.12%), Cholesterol: 121.71mg (40.57%), Sodium: 311.44mg (13.54%), Alcohol: 91.58g (100%), Alcohol %: 14.25% (100%), Protein: 15.65g (31.3%), Manganese: 0.62mg (31.13%), Phosphorus: 259.4mg (25.94%), Magnesium: 77.89mg (19.47%), Copper: 0.34mg (17.03%), Potassium: 575.95mg (16.46%), Vitamin B6: 0.26mg (12.84%), Zinc: 1.64mg (10.91%), Iron: 1.93mg (10.7%), Calcium: 99.46mg (9.95%), Vitamin E: 1.32mg (8.79%), Vitamin K: 7.44µg (7.08%), Vitamin B2: 0.11mg (6.33%), Vitamin C: 5.14mg (6.24%), Vitamin B3: 0.57mg (2.86%), Vitamin B1: 0.04mg (2.58%), Vitamin B5: 0.25mg (2.48%), Folate: 7.75µg (1.94%), Selenium: 1.15µg (1.64%), Fiber: 0.26g (1.04%)