



WHATSheATE



Overnight Marinated Shrimp



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



20

CALORIES



95 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 garlic clove pressed
- ☐ 1 tablespoon hot sauce
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 2 small onion red sliced
- ☐ 1 cup red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 3 pounds shrimp fresh unpeeled
- ☐ 3 tablespoons sugar
- ☐ 1 cup vegetable oil
- ☐ 7.5 cups water
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 bell pepper yellow sliced

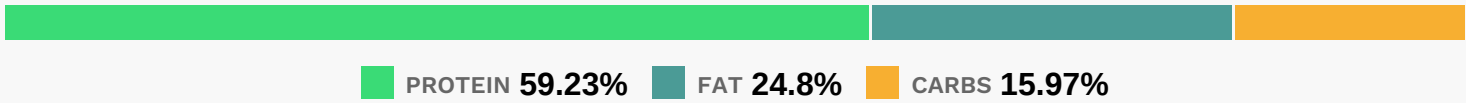
Equipment

- ☐ whisk

Directions

- ☐ Bring 7 1/2 cups water to a boil; add shrimp, and cook 2 to 3 minutes or until shrimp turn pink.
- ☐ Drain and rinse with cold water. Peel shrimp, and, if desired, devein.
- ☐ Layer shrimp, red onion slices, and bell pepper slices in an airtight container.
- ☐ Whisk together vegetable oil and next 9 ingredients; pour over shrimp. Cover and chill 24 hours, stirring occasionally.
- ☐ Stir in 1/2 cup chopped basil 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:11.45, Glycemic Load:1.52, Inflammation Score:-2, Nutrition Score:4.0786956794884%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 94.72kcal (4.74%), Fat: 2.6g (3.99%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.44g (2.71%), Cholesterol: 109.54mg (36.51%), Sodium: 181.67mg (7.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.89%), Vitamin C: 13.85mg (16.79%), Phosphorus: 153.58mg (15.36%), Copper: 0.3mg (14.93%), Magnesium: 28.14mg (7.03%), Potassium: 227.64mg (6.5%), Zinc: 0.97mg (6.47%), Vitamin K: 6.58µg (6.27%), Calcium: 53.74mg (5.37%), Manganese: 0.06mg (3.25%), Iron: 0.55mg (3.05%), Vitamin B6: 0.03mg (1.55%), Fiber: 0.33g (1.32%), Vitamin E: 0.19mg (1.29%), Folate: 4.7µg (1.18%)