



Peel-and-Eat Spiced Shrimp with Chipotle Remoulade



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 chilies dried
- 6 tablespoons peppercorns whole black
- 0.5 cup kosher salt
- 2 tablespoons thyme sprigs fresh chopped
- 2 quarts ice cubes
- 0.3 cup mustard seeds
- 36 large shrimp uncooked unpeeled

- 4 turkish bay leaf
- 6 quarts water
- 2 tablespoons allspice whole

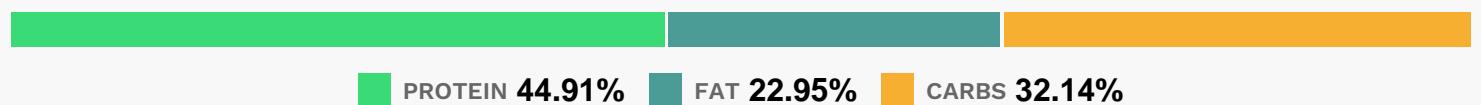
Equipment

- bowl
- pot

Directions

- Combine 6 quarts water and next 8 ingredients in large pot. Bring brine to rolling boil, stirring until salt dissolves. Turn off heat. Cover; let stand 5 minutes.
- Return brine to boil.
- Add shrimp; boil 3 minutes.
- Pour off most of brine, leaving enough to cover shrimp.
- Mix in ice; let cool 10 minutes. Arrange shrimp in large bowl.
- Serve shrimp with Chipotle Remoulade.
- Champagne is a great pairing for this entire menu. One to try: the fruity, toasty Philippe Gonet NV Brut Reserve
- Champagne (France, \$30).

Nutrition Facts



Properties

Glycemic Index: 7.67, Glycemic Load: 0.76, Inflammation Score: -8, Nutrition Score: 6.5082609446152%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg

Nutrients (% of daily need)

Calories: 60.93kcal (3.05%), Fat: 1.73g (2.67%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 3.29g (1.2%), Sugar: 0.34g (0.38%), Cholesterol: 48.3mg (16.1%), Sodium: 4785.43mg (208.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Manganese: 0.8mg (40.24%), Copper: 0.32mg (16.23%), Selenium: 7.67µg (10.95%), Magnesium: 42.21mg (10.55%), Phosphorus: 104.28mg (10.43%), Fiber: 2.17g (8.68%), Calcium: 85.41mg (8.54%), Vitamin K: 8.56µg (8.15%), Iron: 1.32mg (7.32%), Potassium: 195.34mg (5.58%), Zinc: 0.79mg (5.25%), Vitamin C: 2.64mg (3.21%), Vitamin A: 136.38IU (2.73%), Vitamin B1: 0.04mg (2.39%), Folate: 7.68µg (1.92%), Vitamin B6: 0.04mg (1.85%), Vitamin E: 0.24mg (1.58%), Vitamin B2: 0.03mg (1.57%), Vitamin B3: 0.29mg (1.47%), Vitamin B5: 0.1mg (1.05%)