



Perfectly Poached Shrimp with Green Goddess Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 fillet oil-packed anchovies canned
- ☐ 0.8 cup kosher salt
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 cup parsley fresh packed chopped ()
- ☐ 3 tablespoons tarragon fresh chopped
- ☐ 1 large garlic clove
- ☐ 0.3 cup spring onion chopped (white and pale green parts only)

- ☐ 4 pounds shrimp uncooked unpeeled (75)
- ☐ 2 cups mayonnaise
- ☐ 1 tablespoon rice vinegar

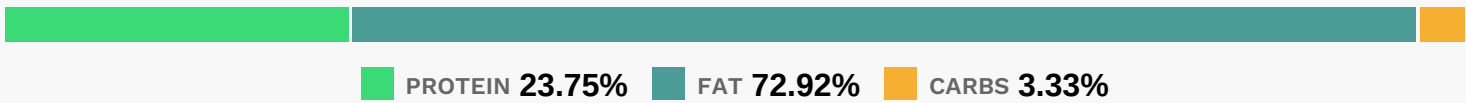
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ Finely chop garlic in food processor.
- ☐ Add all remaining ingredients; blend until smooth and pale green. Season sauce to taste with salt and pepper.
- ☐ Transfer sauce to serving bowl. Cover and refrigerate until cold. (Can be prepared 2 days ahead. Keep refrigerated.)
- ☐ Fill 2 large bowls with ice water; set aside. Bring very large pot of water to boil over high heat.
- ☐ Add 1/2 cup coarse salt to boiling water; return to boil. Rub shrimp in another large bowl with remaining 1/4 cup salt.
- ☐ Add shrimp to boiling salted water and cook just until cooked through, about 3 minutes (water will not return to boil). Immediately drain shrimp in colander, then quickly divide between prepared bowls of ice water; cool completely.
- ☐ Drain well. Peel and devein shrimp, leaving tails intact. Arrange shrimp on platter. (Can be made 4 hours ahead. Cover and refrigerate.)
- ☐ Serve shrimp with sauce.

Nutrition Facts



Properties

Glycemic Index:15.45, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:11.977391302586%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 222.67kcal (11.13%), Fat: 17.82g (27.41%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.61g (0.59%), Sugar: 0.19g (0.21%), Cholesterol: 124.05mg (41.35%), Sodium: 4916.98mg (213.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.11%), Vitamin K: 89.69µg (85.42%), Selenium: 27.74µg (39.63%), Phosphorus: 233.11mg (23.31%), Vitamin B12: 1.04µg (17.29%), Vitamin E: 1.98mg (13.17%), Vitamin A: 509.07IU (10.18%), Copper: 0.19mg (9.4%), Vitamin B3: 1.84mg (9.18%), Vitamin B6: 0.18mg (9%), Calcium: 72.11mg (7.21%), Folate: 27.17µg (6.79%), Zinc: 1.02mg (6.78%), Manganese: 0.13mg (6.72%), Magnesium: 26.22mg (6.55%), Vitamin C: 5.09mg (6.17%), Iron: 0.85mg (4.7%), Potassium: 163.92mg (4.68%), Vitamin B5: 0.34mg (3.39%), Vitamin B2: 0.04mg (2.24%), Vitamin B1: 0.03mg (1.82%)