



Pickled Prawns

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaves
- 1 teaspoon peppercorns whole black
- 1 medium celery stalks coarsely chopped
- 4 teaspoons granulated sugar
- 2 jalapeno sliced into 1/4-inch-thick rounds
- 1 tablespoon kosher salt
- 1 pound shrimp deveined peeled
- 1.5 cups water

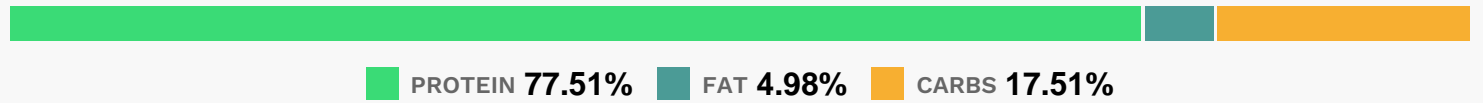
Equipment

- sauce pan

Directions

- Place all ingredients except the prawns or shrimp in a medium saucepan with a tightfitting lid. Bring to a boil over medium-high heat, stirring until sugar and salt are dissolved, about 4 minutes.
- Add prawns, stir to incorporate (making sure the prawns are submerged), cover, and remove from heat.
- Let sit until prawns are just cooked through (they will turn orange in color and look opaque), about 15 minutes.
- Remove prawns from the pickling liquid and refrigerate in a container with a tightfitting lid until chilled. If you desire, reserve the pickling liquid for our Bloody Mary with Pickled Prawns.

Nutrition Facts



Properties

Glycemic Index:20.76, Glycemic Load:1.51, Inflammation Score:-1, Nutrition Score:2.7039130213468%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 58.4kcal (2.92%), Fat: 0.33g (0.51%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.35g (0.85%), Sugar: 2.15g (2.39%), Cholesterol: 91.29mg (30.43%), Sodium: 942.38mg (40.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.98%), Phosphorus: 123.25mg (12.32%), Copper: 0.24mg (11.94%), Magnesium: 21.85mg (5.46%), Zinc: 0.78mg (5.19%), Vitamin C: 4.17mg (5.06%), Manganese: 0.1mg (4.81%), Potassium: 167.26mg (4.78%), Calcium: 41.34mg (4.13%), Iron: 0.37mg (2.07%), Vitamin K: 1.69µg (1.61%)