



Pickled Salmon and Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 teaspoons pickling spice divided
- ☐ 1 bay leaf
- ☐ 25 peppercorns black
- ☐ 1 teaspoon capers
- ☐ 0.8 cup vermouth dry
- ☐ 1 large optional: lemon sliced
- ☐ 1 small onion red separated thinly sliced
- ☐ 1 pound salmon fillet

- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound shrimp peeled
- ☐ 0.3 cup sugar
- ☐ 0.8 cup vinegar white

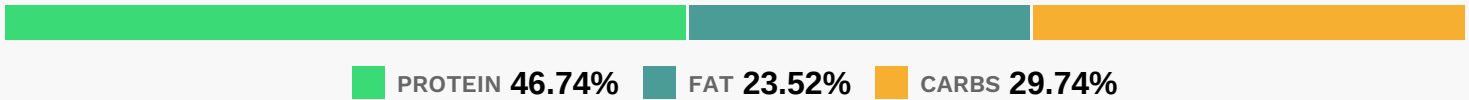
Equipment

- ☐ sauce pan

Directions

- ☐ Pour water into a large saucepan to a depth of 2-inches.
- ☐ Add 1 1/2 teaspoons pickling spice, salt, and lemon; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Add salmon and shrimp; simmer 7 minutes or until fish flakes easily when tested with a fork and the shrimp are done.
- ☐ Drain fish mixture, discarding cooking liquid and lemon slices.
- ☐ Let cool.
- ☐ Remove skin and bones from fish; break fish into bite-size pieces.
- ☐ Layer fish, shrimp, and onion rings in a 1-quart jar.
- ☐ Combine 1 1/2 teaspoons pickling spice, vinegar, vermouth, sugar, capers, peppercorns, and bay leaf in a saucepan; bring to a boil. Reduce heat; simmer 1 minute or until sugar dissolves.
- ☐ Pour over fish mixture in jar. Cover and chill several hours or up to 5 days.
- ☐ Serve with salad greens, crackers, or other vegetables on an antipasto platter.

Nutrition Facts



Properties

Glycemic Index:26.2, Glycemic Load:4.94, Inflammation Score:-3, Nutrition Score:11.36391296594%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 166.17kcal (8.31%), Fat: 3.91g (6.01%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 11.11g (3.7%), Net Carbohydrates: 9.63g (3.5%), Sugar: 7.25g (8.05%), Cholesterol: 76.83mg (25.61%), Sodium: 212.84mg (9.25%), Alcohol: 2.14g (100%), Alcohol %: 1.61% (100%), Protein: 17.47g (34.94%), Selenium: 21.08µg (30.11%), Vitamin B12: 1.8µg (30.05%), Vitamin B6: 0.51mg (25.58%), Vitamin B3: 4.58mg (22.89%), Phosphorus: 184.44mg (18.44%), Copper: 0.28mg (14.09%), Vitamin B2: 0.23mg (13.75%), Potassium: 419.61mg (11.99%), Vitamin K: 12.12µg (11.54%), Vitamin B5: 1.01mg (10.07%), Vitamin C: 8.23mg (9.98%), Vitamin B1: 0.14mg (9.57%), Manganese: 0.19mg (9.36%), Magnesium: 34.69mg (8.67%), Iron: 1.44mg (8.01%), Calcium: 64.31mg (6.43%), Fiber: 1.49g (5.95%), Folate: 22.79µg (5.7%), Zinc: 0.83mg (5.55%), Vitamin E: 0.37mg (2.44%), Vitamin A: 60.19IU (1.2%)