



Pickled Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups onion red thinly sliced
- ☐ 0.3 cup crab boil seasoning
- ☐ 2 pounds shrimp shelled deveined (64) (leaving tails intact)
- ☐ 1 tablespoon pickling spices
- ☐ 5 bay leaves
- ☐ 2 teaspoons salt
- ☐ 3 optional: lemon sliced thin
- ☐ 0.8 cup red-wine vinegar

- ☐ 1 cup olive oil extra virgin extra-virgin
- ☐ 3 thyme sprigs fresh

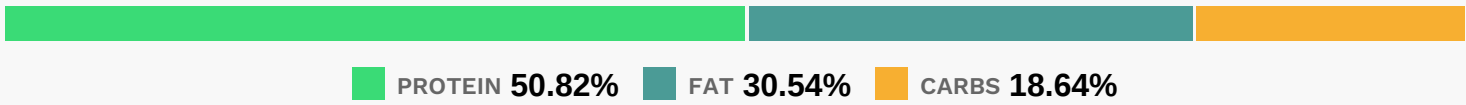
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a large saucepan of boiling water cook shrimp with salt and crab-boil spices until just cooked through, 1 to 2 minutes.
- ☐ Drain shrimp and transfer to a large bowl.
- ☐ In a small bowl, whisk together vinegar, oil, pickling spices and salt and pepper to taste and add to shrimp.
- ☐ Add remaining ingredients and combine mixture well. Chill shrimp, covered, overnight.
- ☐ Serve pickled shrimp slightly chilled.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:1.82, Inflammation Score:-7, Nutrition Score:11.990869607614%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 241.85kcal (12.09%), Fat: 8.49g (13.07%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 8.84g (3.21%), Sugar: 3.14g (3.48%), Cholesterol: 243.43mg (81.14%), Sodium: 961.92mg (41.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.81g (63.62%), Vitamin C: 33.31mg (40.38%), Phosphorus: 352.93mg (35.29%), Copper: 0.66mg (33.18%), Vitamin K: 27.99µg (26.65%), Manganese: 0.38mg (18.91%), Magnesium: 71.24mg (17.81%), Potassium: 577.84mg (16.51%), Calcium: 160.73mg (16.07%), Zinc: 2.25mg (15.01%), Iron: 2.6mg (14.44%), Fiber: 2.83g (11.32%), Vitamin E: 1.16mg (7.76%), Vitamin B6: 0.14mg (6.75%), Folate: 18.3µg (4.57%), Vitamin B1: 0.05mg (3.26%), Vitamin A: 123.76IU (2.48%), Vitamin B2: 0.03mg (1.79%), Vitamin B5: 0.15mg (1.54%), Vitamin B3: 0.23mg (1.13%)