



Pickled Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon cardamom pods
- ☐ 1 tablespoon celery seed
- ☐ 1 cinnamon sticks
- ☐ 1 cup kosher salt
- ☐ 8 servings top
- ☐ 12 bay leaf fresh
- ☐ 1 cup garlic clove peeled sliced (1 large head)

- ☐ 8 servings ice cubes
- ☐ 1 cup optional: lemon paper-thin
- ☐ 1 cup juice of lemon fresh
- ☐ 2 tablespoons mustard seeds
- ☐ 3 cups olive oil
- ☐ 0.3 cup paprika
- ☐ 1 cup onion paper-thin red
- ☐ 2 pounds shells uncooked
- ☐ 6 thyme sprigs fresh
- ☐ 10 turkish bay leaf
- ☐ 3 cups rice vinegar
- ☐ 8 cups water
- ☐ 1 tablespoon allspice whole
- ☐ 1 head garlic clove whole unpeeled

Equipment

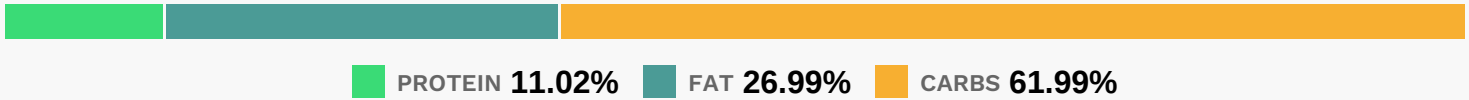
- ☐ bowl
- ☐ baking sheet
- ☐ pot
- ☐ slotted spoon
- ☐ colander
- ☐ skimmer

Directions

- ☐ Stir rice vinegar,olive oil, lemon juice, lemon slices, onionslices, garlic cloves, bay leaves, celeryseeds, mustard seeds, coarse kosher salt,and black pepper in large bowl until salt dissolves. DO AHEAD: Can be made 1 dayahead. Cover and chill.
- ☐ Place 8 cups waterin large pot.

- ☐ Add coarse salt, bay leaves,thyme sprigs, garlic, paprika, mustardseeds, allspice, celery seeds, cardamompods, and cinnamon stick. Bring to boil overhigh heat. Boil 5 minutes.
- ☐ Add shrimp; stirto separate. Boil just until shells turn pink,about 2 minutes. Using large skimmer,transfer shrimp to colander to drain.
- ☐ Line rimmed baking sheet with layerof ice cubes. Scatter shrimp on ice to coolquickly, about 5 minutes. Peel and deveinshrimp, leaving tails intact.
- ☐ Add peeledshrimp to pickling mixture; stir to blend.Cover and refrigerate at least 3 hoursand up to 6 hours.
- ☐ Using slotted spoon, lift shrimp frompickling mixture. Arrange on platter.
- ☐ Servewith crusty bread.
- ☐ A special meal like thisdeserves a bubbly beginning. With theshrimp, pour a crisp Champagne. We likethe Franck Bonville NV Brut Sélection(France, \$30), which is fruity with citrusand mineral notes.
- ☐ Fresh bay leaves are soldin the produce section of the supermarket.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:37.47, Inflammation Score:-9, Nutrition Score:25.476956367493%

Flavonoids

Eriodictyol: 7.15mg, Eriodictyol: 7.15mg, Eriodictyol: 7.15mg, Eriodictyol: 7.15mg Hesperetin: 11.81mg, Hesperetin: 11.81mg, Hesperetin: 11.81mg, Hesperetin: 11.81mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg Luteolin: 6.66mg, Luteolin: 6.66mg, Luteolin: 6.66mg, Luteolin: 6.66mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 671.18kcal (33.56%), Fat: 20.01g (30.78%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 103.41g (34.47%), Net Carbohydrates: 95.68g (34.79%), Sugar: 6.15g (6.83%), Cholesterol: 0mg (0%), Sodium: 14186.36mg (616.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.77%), Selenium: 81.7µg (116.71%), Manganese: 2.07mg

(103.57%), Vitamin C: 35.92mg (43.54%), Vitamin A: 1733.49IU (34.67%), Fiber: 7.73g (30.91%), Phosphorus: 304.62mg (30.46%), Vitamin B6: 0.58mg (28.89%), Copper: 0.55mg (27.32%), Magnesium: 100.34mg (25.09%), Vitamin E: 3.71mg (24.72%), Iron: 4.11mg (22.82%), Potassium: 574.94mg (16.43%), Zinc: 2.45mg (16.35%), Calcium: 145.97mg (14.6%), Vitamin B1: 0.22mg (14.41%), Vitamin B3: 2.75mg (13.75%), Vitamin K: 13.71µg (13.05%), Folate: 42.47µg (10.62%), Vitamin B2: 0.17mg (9.9%), Vitamin B5: 0.84mg (8.44%)