



Pickled Shrimp

 Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon peppercorns whole black
- ☐ 0.3 cup capers drained and rinsed
- ☐ 1 cup cider vinegar
- ☐ 2 tablespoon hot sauce to taste
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoon lightly mustard seeds yellow crushed
- ☐ 2 tablespoon old bay seasoning
- ☐ 12 servings rustic bread to serve good

- ☐ 3 pound shrimp deveined peeled
- ☐ 0.5 cup tomato sauce prepared
- ☐ 1.5 cup vegetable oil
- ☐ 2 tablespoon worcestershire sauce

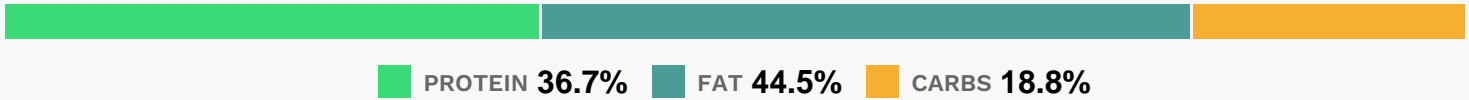
Equipment

- ☐ baking sheet
- ☐ pot

Directions

- ☐ Add the Old Bay Seasoning to a large pot of water, cover and bring to a boil.
- ☐ Add the shrimp and cook, stirring, until they just start to curl, about 1 minute.
- ☐ Drain and spread on a large rimmed baking sheet. Cool to room temperature. In a large non-reactive container with a lid, combine vinegar, mustard, tomato sauce, oil, hot sauce, Worcestershire sauce, salt and peppercorns. Stir to combine. Then add the capers, bell pepper, onion, and the reserved shrimp.
- ☐ Let marinate at least 2 days, then serve with slices of good rustic bread.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:7.1530434644741%

Flavonoids

Kaempferol: 4.79mg, Kaempferol: 4.79mg, Kaempferol: 4.79mg, Kaempferol: 4.79mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

Nutrients (% of daily need)

Calories: 271.56kcal (13.58%), Fat: 13.4g (20.62%), Saturated Fat: 4.84g (30.23%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 11.53g (4.19%), Sugar: 7.01g (7.78%), Cholesterol: 182.57mg (60.86%), Sodium: 550.79mg (23.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.73%), Phosphorus: 262.58mg (26.26%), Copper: 0.49mg (24.52%), Vitamin K: 17.28µg (16.46%), Magnesium: 51.27mg (12.82%), Potassium: 428.02mg

(12.23%), Zinc: 1.67mg (11.1%), Manganese: 0.21mg (10.34%), Iron: 1.69mg (9.38%), Calcium: 89.72mg (8.97%), Vitamin B3: 1.1mg (5.49%), Fiber: 1.21g (4.82%), Vitamin E: 0.67mg (4.45%), Folate: 16.51µg (4.13%), Vitamin C: 2.98mg (3.61%), Vitamin B1: 0.04mg (2.67%), Vitamin B2: 0.04mg (2.26%), Selenium: 1.25µg (1.78%), Vitamin A: 74.69IU (1.49%), Vitamin B6: 0.03mg (1.3%)