



Pickled Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon allspice crushed
- ☐ 1 teaspoon peppercorns whole black crushed
- ☐ 1 small to 2 chiles dried red crushed
- ☐ 4 large garlic cloves chopped
- ☐ 1 small optional: lemon sliced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 small onion sliced
- ☐ 2 tablespoons parsley leaves

- ☐ 1 small bell pepper red thick cut into strips
- ☐ 4 servings salt
- ☐ 2 pounds shrimp shelled deveined
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon citrus champagne vinegar

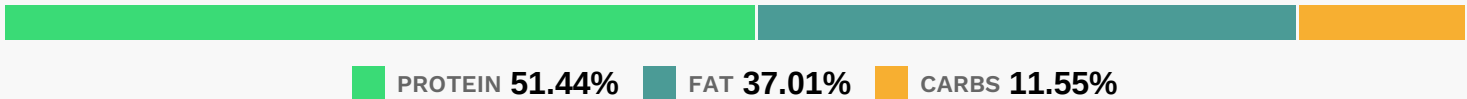
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a nonreactive saucepan, combine 2 cups of water with the onion, garlic, red bell pepper, chiles, vinegar, sugar, peppercorns and allspice. Boil over high heat for 2 minutes, then stir in the shrimp and cook just until pink and loosely curled. Stir in 2 teaspoons salt and the lemon slices, squeezing them a bit.
- ☐ Transfer the shrimp and marinade to a large bowl or wide 2-quart jar and let cool to room temperature. Cover and refrigerate overnight, stirring a few times.
- ☐ Transfer the shrimp to a clean bowl. Strain 3/4 cup of the marinade into a small bowl.
- ☐ Cut 4 of the red pepper strips into small dice. Stir 3/4 teaspoon salt into the strained marinade and whisk in the oil. (Discard the remaining marinade.)
- ☐ Pour the dressing over the shrimp and toss well. Spoon the chilled shrimp onto plates and garnish with the red pepper dice and parsley leaves.
- ☐ Serve With: Crusty bread, corn bread or biscuits and a cucumber salad.
- ☐ Notes: Be sure to use large shrimp (about 20 to the pound), which won't become too tangy as they marinate overnight in the spicy brine.

Nutrition Facts



Properties

Glycemic Index:77.15, Glycemic Load:3.29, Inflammation Score:-7, Nutrition Score:17.210434763328%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 354.24kcal (17.71%), Fat: 14.99g (23.06%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 8.38g (3.05%), Sugar: 4.84g (5.38%), Cholesterol: 365.14mg (121.71%), Sodium: 469.58mg (20.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.87g (93.75%), Vitamin C: 59.31mg (71.89%), Phosphorus: 512.87mg (51.29%), Copper: 0.95mg (47.59%), Vitamin K: 45.33µg (43.17%), Magnesium: 92.71mg (23.18%), Potassium: 782.65mg (22.36%), Zinc: 3.24mg (21.59%), Manganese: 0.36mg (18.07%), Calcium: 176.7mg (17.67%), Vitamin A: 870.72IU (17.41%), Vitamin E: 2.39mg (15.91%), Iron: 1.99mg (11.08%), Vitamin B6: 0.2mg (9.84%), Fiber: 2.15g (8.6%), Folate: 20.93µg (5.23%), Vitamin B1: 0.05mg (3.1%), Vitamin B2: 0.04mg (2.56%), Vitamin B3: 0.45mg (2.23%), Vitamin B5: 0.2mg (1.95%), Selenium: 0.78µg (1.12%)