



## Pickled Shrimp and Fried Tomatoes

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings canola oil for frying
- 1 cup cornmeal
- 1 cup dill pickle juice
- 3 tablespoons dill pickle juice
- 0.5 cup dill pickles diced finely
- 3 large eggs beaten
- 1 jalapeño seeded sliced into thin rounds
- 4 servings kosher salt

- 4 servings kosher salt and pepper black freshly ground
- 0.5 large onion red halved thinly sliced
- 1 pound shrimp deveined peeled
- 0.3 cup cup heavy whipping cream sour
- 5 medium vine-ripened tomatoes firm sliced into 1/2-inch-thick rounds

## Equipment

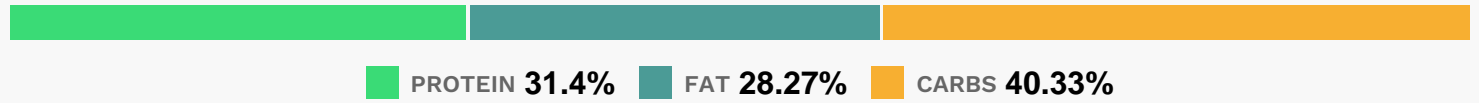
- frying pan
- baking sheet
- paper towels
- mixing bowl
- pot
- wooden spoon
- slotted spoon

## Directions

- For the pickled shrimp: Stir together the red onions, jalapeno and dill pickle juice.
- Bring a large saucepot of lightly salted water to a boil.
- Add the shrimp and cook until pink and just cooked through, 2 to 3 minutes. Strain well and toss to coat in the pickle juice mixture.
- For the dill pickle dressing: Stir together the diced pickles, pickle juice and sour cream in a small mixing bowl. Season with salt and pepper. For the fried tomatoes: Fill a large cast-iron pan with 1/2 inch of canola oil and set over medium-high heat. The oil is hot enough when you dip in a wooden spoon and small bubbles form around it.
- Place the eggs and cornmeal into separate shallow dishes.
- Sprinkle the eggs, cornmeal and sliced tomatoes with salt and pepper. In batches, dip both sides of the tomatoes in the eggs, and then dredge in the cornmeal. Shake off any excess coating. Fry the dredged tomatoes in the hot oil until golden brown on both sides, 3 to 4 minutes total. Use a slotted spoon to transfer the fried tomatoes to a paper towel-lined baking sheet or large plate. Repeat until all of the tomatoes have been dredged and fried.

- To assemble, divide the fried tomatoes among 4 large plates. Use a slotted spoon to remove the shrimp from the pickle juice liquid and place on the side of the tomatoes.
- Drizzle both the tomatoes and the shrimp with the dill pickle dressing.

## Nutrition Facts



### Properties

Glycemic Index:49.38, Glycemic Load:19.2, Inflammation Score:-8, Nutrition Score:19.950869290725%

### Flavonoids

Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

### Nutrients (% of daily need)

Calories: 421.96kcal (21.1%), Fat: 13.41g (20.64%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 43.06g (14.35%), Net Carbohydrates: 36.95g (13.43%), Sugar: 6.41g (7.13%), Cholesterol: 333.38mg (111.13%), Sodium: 1595.86mg (69.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.53g (67.07%), Phosphorus: 465.74mg (46.57%), Copper: 0.67mg (33.69%), Vitamin A: 1673.91IU (33.48%), Vitamin C: 26.78mg (32.46%), Magnesium: 108.88mg (27.22%), Potassium: 917.61mg (26.22%), Manganese: 0.52mg (26.14%), Fiber: 6.12g (24.47%), Zinc: 3.61mg (24.07%), Vitamin B6: 0.47mg (23.33%), Selenium: 14.69µg (20.99%), Vitamin K: 18.49µg (17.61%), Vitamin B2: 0.29mg (16.84%), Iron: 2.95mg (16.41%), Folate: 60.36µg (15.09%), Calcium: 144.49mg (14.45%), Vitamin B1: 0.21mg (14.08%), Vitamin E: 2.08mg (13.9%), Vitamin B5: 1.05mg (10.51%), Vitamin B3: 2.02mg (10.11%), Vitamin B12: 0.37µg (6.23%), Vitamin D: 0.75µg (5%)