



Pickled Shrimp and Vegetables

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 2 small bay leaves
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 3 large carrots peeled sliced into 1/4-inch-thick rounds
- ☐ 4 pepper flakes whole yellow (such as wax chilies)
- ☐ 1 piece cinnamon sticks
- ☐ 8 garlic clove crushed sliced
- ☐ 24 jumbo shrimp with shells uncooked

- ☐ 0.5 cup olive oil
- ☐ 2 oregano fresh
- ☐ 10 ounce peas frozen
- ☐ 2 large onion red thinly sliced
- ☐ 1 teaspoon salt
- ☐ 2 thyme sprigs fresh
- ☐ 0.8 cup water
- ☐ 4 allspice whole

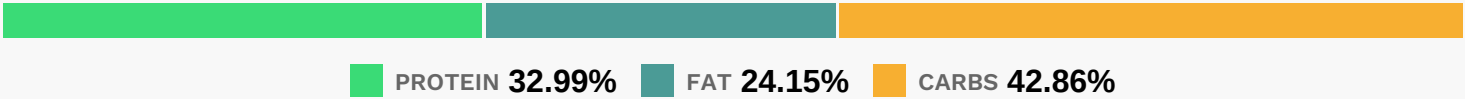
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook carrots in medium saucepan of boiling salted water until just tender, about 7 minutes.
- ☐ Drain.
- ☐ Place carrots in large glass bowl; add peas and chilies.
- ☐ Heat 1/4 cup olive oil in heavy large skillet over medium heat.
- ☐ Add shrimp and crushed garlic cloves; sauté until shrimp are just opaque in center, about 8 minutes. Discard garlic. Peel shrimp; add to glass bowl.
- ☐ Heat remaining 1/4 cup oil in same large skillet over medium-high heat.
- ☐ Add onions and sauté until translucent, about 8 minutes; add to bowl.
- ☐ Combine 3/4 cup water, next 9 ingredients and sliced garlic in heavy medium saucepan. Bring to boil over medium-high heat, stirring until salt dissolves.
- ☐ Pour hot spice mixture over shrimp mixture and stir to blend well.
- ☐ Let stand 2 hours. Chill at least 2 hours and up to 1 day, stirring occasionally.
- ☐ Arrange 4 shrimp and some vegetables on each plate.
- ☐ Garnish with fresh herb sprigs, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:55.86, Glycemic Load:5.23, Inflammation Score:-10, Nutrition Score:22.658260666806%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 182.33kcal (9.12%), Fat: 4.92g (7.57%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 14.17g (5.15%), Sugar: 7.68g (8.53%), Cholesterol: 100.8mg (33.6%), Sodium: 875.28mg (38.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.24%), Vitamin A: 6833.96IU (136.68%), Vitamin C: 68.7mg (83.27%), Selenium: 25.54µg (36.49%), Manganese: 0.67mg (33.25%), Phosphorus: 291.99mg (29.2%), Vitamin B6: 0.51mg (25.55%), Vitamin K: 26.15µg (24.9%), Fiber: 5.47g (21.89%), Folate: 67.86µg (16.96%), Copper: 0.33mg (16.39%), Vitamin B3: 3.24mg (16.22%), Vitamin B12: 0.89µg (14.8%), Potassium: 516.21mg (14.75%), Vitamin E: 2.17mg (14.46%), Vitamin B1: 0.21mg (14.22%), Magnesium: 52.92mg (13.23%), Zinc: 1.68mg (11.19%), Calcium: 104.18mg (10.42%), Iron: 1.77mg (9.84%), Vitamin B2: 0.14mg (8.22%), Vitamin B5: 0.54mg (5.36%)