



Pickled Shrimp and Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large celery stalks sliced (1/)
- ☐ 1 large fennel bulb (sometimes labeled "anise"; 1 lb)
- ☐ 2 tablespoons fennel seeds
- ☐ 1 cup parsley fresh chopped
- ☐ 3 large garlic clove minced
- ☐ 4 tablespoons kosher salt
- ☐ 3 large optional: lemon
- ☐ 0.3 cup olive oil

- ☐ 4 tablespoons pickling spices (from a)
- ☐ 0.5 teaspoon pepper dried hot
- ☐ 3 lb shrimp deveined peeled per lb), , tail and first shell segment left intact, and
- ☐ 3 tablespoons sugar
- ☐ 2 large turkish bay leaf
- ☐ 1 lb onion sweet halved lengthwise thinly sliced
- ☐ 2 cups citrus champagne vinegar

Equipment

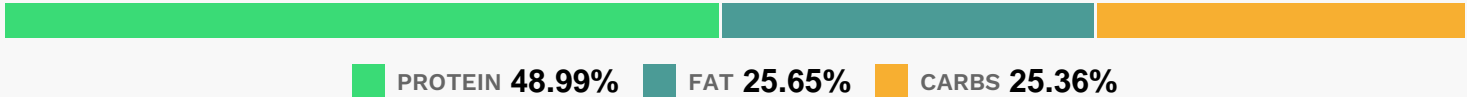
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ box grater

Directions

- ☐ Finely grate 3 tablespoons lemon zest using small holes of a box grater, then squeeze 3/4 cup juice from lemons.
- ☐ Transfer zest and juice to a large bowl and add vinegar, oil, sugar, red-pepper flakes, 2 tablespoons kosher salt, 2 tablespoons pickling spices, 1 tablespoon fennel seeds, and two thirds of garlic, whisking until combined well.
- ☐ Bring a 6- to 8-quart pot of water to a boil with remaining 2 tablespoons kosher salt, 2 tablespoons pickling spices, 1 tablespoon fennel seeds, remaining one third of garlic, and bay leaves.
- ☐ Meanwhile, quarter fennel bulb lengthwise and cut crosswise into 1/4-inch-thick slices.
- ☐ Add sliced fennel to boiling water and cook, stirring occasionally, 3 minutes, then transfer with a slotted spoon to marinade. Return water to a boil, then add celery and cook, stirring occasionally, 1 minute.
- ☐ Transfer celery with a slotted spoon to marinade. Return water to a boil, then add onion and cook, stirring occasionally, 2 minutes.

- ☐
- Transfer onion with a slotted spoon to marinade. Return water to a boil and cook shrimp, stirring occasionally, until just cooked through (no longer translucent inside), about 1 1/2 minutes, then transfer with a slotted spoon to marinade. Stir shrimp and vegetables until coated well.
- ☐
- When shrimp and vegetables have cooled to room temperature, transfer to a large airtight container and marinate, chilled, stirring once or twice, until shrimp is pickled and flavors have developed, at least 8 hours. Season with salt and pepper and transfer shrimp and vegetables to a platter with a slotted spoon and drizzle shrimp with some of marinade. Stir in parsley just before serving.
- ☐
- Shrimp and vegetables can be marinated up to 2 days.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:3.19, Inflammation Score:-6, Nutrition Score:13.384782653788%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 5.98mg, Eriodictyol: 5.98mg, Eriodictyol: 5.98mg, Eriodictyol: 5.98mg 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: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 1.32mg, Myricetin: 1.32mg, Myricetin: 1.32mg, Myricetin: 1.32mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 193.31kcal (9.67%), Fat: 5.62g (8.64%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 9.74g (3.54%), Sugar: 6.4g (7.11%), Cholesterol: 182.57mg (60.86%), Sodium: 2484.95mg (108.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.29%), Vitamin K: 97.46µg (92.82%), Vitamin C: 26.58mg (32.22%), Phosphorus: 281.82mg (28.18%), Copper: 0.53mg (26.3%), Potassium: 551.3mg (15.75%), Magnesium: 59.71mg (14.93%), Manganese: 0.28mg (14.22%), Calcium: 134.87mg (13.49%), Zinc: 1.77mg (11.78%), Fiber: 2.76g (11.04%), Iron: 1.89mg (10.51%), Vitamin A: 496.09IU (9.92%), Folate: 25.68µg (6.42%), Vitamin E: 0.88mg (5.88%), Vitamin B6: 0.11mg (5.27%), Vitamin B1: 0.04mg (2.7%), Vitamin B3: 0.4mg (2.02%), Vitamin B2: 0.03mg (1.87%), Vitamin B5: 0.16mg (1.61%)