



Pickled Shrimp with Fennel

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



8

CALORIES



109 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small bird pepper seeded thinly sliced
- 1 small fennel bulb
- 1 tablespoon kosher salt
- 1.5 teaspoons kosher salt
- 1 cup juice of lemon fresh
- 2 pounds shrimp raw deveined peeled
- 1 teaspoon sugar
- 1 cup onion white thinly sliced

0.5 cup citrus champagne vinegar

Equipment

bowl

paper towels

whisk

slotted spoon

dutch oven

Directions

Slice fennel bulb thinly, reserving fronds. Chop fronds to equal 1 Tbsp. Fill a large bowl halfway with ice and water.

Bring 1 Tbsp. kosher salt and 2 qt. water to a boil in a Dutch oven over high heat.

Remove from heat; add shrimp, and let stand, stirring once, 1 minute or just until shrimp turn pink.

Transfer shrimp to ice water, using a slotted spoon. Reserve 2 cups hot cooking liquid in a medium bowl.

Let shrimp stand 10 minutes, stirring once.

Transfer shrimp to a paper towel-lined plate, reserving ice water in bowl.

Whisk lemon juice and next 4 ingredients into reserved hot cooking liquid until salt and sugar dissolve.

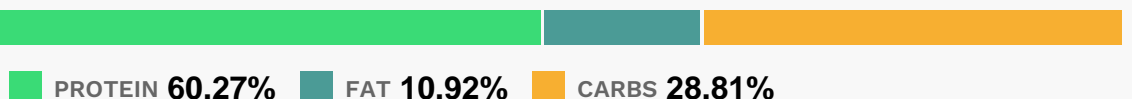
Place bowl in reserved ice water, and whisk lemon juice mixture until cooled to room temperature (about 10 minutes).

Remove lemon juice mixture from ice water; discard ice water, reserving chilled bowl for shrimp. Stir together onion, fennel slices, chopped fennel fronds, and shrimp in chilled bowl.

Pour cooled lemon juice mixture over shrimp mixture. Cover and chill 1 hour to 2 days.

Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:1.31, Inflammation Score:-4, Nutrition Score:11.322608626407%

Flavonoids

Eriodictyol: 1.8mg, Eriodictyol: 1.8mg, Eriodictyol: 1.8mg, Eriodictyol: 1.8mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 109.2kcal (5.46%), Fat: 1.3g (2%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 6.37g (2.32%), Sugar: 3.28g (3.65%), Cholesterol: 142.88mg (47.63%), Sodium: 1967.46mg (85.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.14g (32.27%), Selenium: 33.91µg (48.44%), Phosphorus: 300.92mg (30.09%), Vitamin C: 17.78mg (21.55%), Vitamin B12: 1.26µg (20.98%), Vitamin K: 18.84µg (17.95%), Copper: 0.24mg (12.08%), Vitamin B6: 0.24mg (11.77%), Vitamin E: 1.72mg (11.46%), Vitamin B3: 2.26mg (11.29%), Folate: 39.43µg (9.86%), Potassium: 317.23mg (9.06%), Magnesium: 34.48mg (8.62%), Calcium: 83.78mg (8.38%), Zinc: 1.22mg (8.11%), Manganese: 0.13mg (6.47%), Fiber: 1.34g (5.38%), Vitamin A: 249.96IU (5%), Vitamin B5: 0.48mg (4.84%), Iron: 0.6mg (3.34%), Vitamin B1: 0.04mg (2.83%), Vitamin B2: 0.04mg (2.16%)