



Poached Shrimp

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

READY IN



117 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 carrots roughly chopped
- 2 stalks celery roughly chopped
- 2 bay leaves dried fresh
- 2 pounds shrimp
- 6 peppercorns
- 2 cups wine
- 0.5 handful salt

Equipment

baking sheet

Directions

- Mix salt, carrots, celery, pinot grigio, bay leaves, and peppercorns in 2 quarts of water and bring to a simmer.
- Add the shrimp and just bring back to a boil. Once the water boils, cook for 60 seconds.
- Remove the shrimp immediately and lay out on a cookie sheet to cool to room temperature. Refrigerate until chilled, about 1 hour. Peel shrimp just before serving and serve chilled.

Nutrition Facts

 **PROTEIN 83.75%**  **FAT 5.2%**  **CARBS 11.05%**

Properties

Glycemic Index:27.71, Glycemic Load:1.07, Inflammation Score:-10, Nutrition Score:14.067826221171%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 306.55kcal (15.33%), Fat: 1.27g (1.96%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 4.86g (1.77%), Sugar: 1.71g (1.91%), Cholesterol: 365.14mg (121.71%), Sodium: 355.42mg (15.45%), Alcohol: 12.63g (100%), Alcohol %: 4.04% (100%), Protein: 46.11g (92.22%), Vitamin A: 5189.04IU (103.78%), Phosphorus: 501.11mg (50.11%), Copper: 0.91mg (45.49%), Potassium: 750.61mg (21.45%), Magnesium: 85.56mg (21.39%), Zinc: 3.14mg (20.95%), Calcium: 164.33mg (16.43%), Vitamin K: 10.13µg (9.65%), Manganese: 0.16mg (8.12%), Iron: 1.35mg (7.49%), Fiber: 1.23g (4.9%), Folate: 13.11µg (3.28%), Vitamin C: 2.44mg (2.96%), Vitamin B6: 0.06mg (2.91%), Vitamin B3: 0.37mg (1.83%), Vitamin B2: 0.03mg (1.74%), Vitamin E: 0.26mg (1.71%), Vitamin B1: 0.02mg (1.63%), Vitamin B5: 0.13mg (1.35%)