



Poached Shrimp with Bay Leaves and Lemon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



84 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 peppercorns whole black
- ☐ 1 carrots halved
- ☐ 1 celery stalks halved
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.5 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated

- ☐ 1 tablespoon mustard seeds
- ☐ 0.5 teaspoon salt
- ☐ 1.5 tablespoons salt
- ☐ 2 pounds shrimp deveined peeled
- ☐ 12 cups water

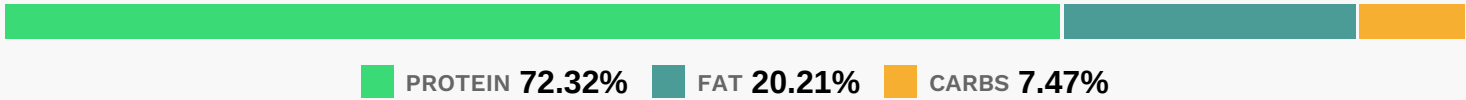
Equipment

- ☐ dutch oven

Directions

- ☐ Combine first 7 ingredients in a Dutch oven; bring to a boil. Reduce heat; simmer 15 minutes.
- ☐ Add shrimp; cook 3 minutes.
- ☐ Drain shrimp and place in a shallow dish.
- ☐ Combine lemon rind and remaining ingredients.
- ☐ Add to warm shrimp mixture; toss well. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:4.5613043722899%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 84.14kcal (4.21%), Fat: 1.93g (2.97%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.58g (0.64%), Cholesterol: 121.71mg (40.57%), Sodium: 1074.81mg (46.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.08%), Copper: 0.35mg (17.29%), Phosphorus:

172.29mg (17.23%), Vitamin A: 855.37IU (17.11%), Magnesium: 33.77mg (8.44%), Zinc: 1.12mg (7.44%), Potassium: 236.18mg (6.75%), Calcium: 62.22mg (6.22%), Vitamin C: 4.76mg (5.77%), Manganese: 0.07mg (3.72%), Iron: 0.55mg (3.05%), Selenium: 1.93µg (2.76%), Vitamin E: 0.27mg (1.77%), Vitamin K: 1.67µg (1.59%), Fiber: 0.36g (1.45%), Folate: 4.75µg (1.19%)