



Poached Shrimp with Lemon-Horseradish Dipping Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 peppercorns whole black
- ☐ 2 servings coarse kosher salt
- ☐ 0.3 cup crème fraîche sour
- ☐ 1 cup cooking wine dry white
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 teaspoon horseradish white prepared
- ☐ 0.5 optional: lemon

- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 8 large shrimp uncooked unpeeled
- ☐ 1 turkish bay leaf

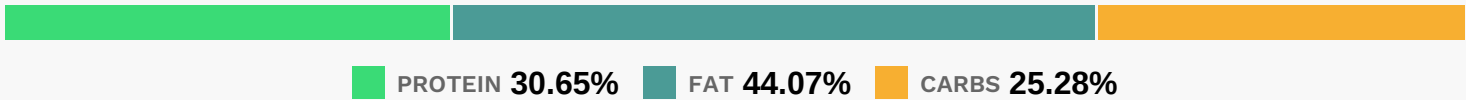
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Fill medium bowl with ice water; set aside.
- ☐ Combine 2 cups water, wine, and next 4 ingredients in medium saucepan. Bring to boil.
- ☐ Add shrimp; reduce heat to low, cover, and poach just until shells are pink and shrimp are opaque in center, 3 to 4 minutes. Using slotted spoon, transfer shrimp to bowl with ice water; reserve poaching liquid and lemon half.
- ☐ Drain and peel shrimp, leaving tails intact. Devein shrimp.
- ☐ Squeeze juice from reserved lemon half into poaching liquid in pan. Boil liquid until reduced to generous 2 tablespoons, about 20 minutes. Strain; cool.
- ☐ Mix crème fraîche, chopped chives, horseradish, lemon peel, and 1 tablespoon reduced poaching liquid in small bowl. Season sauce with coarse salt and black pepper. DO AHEAD: Shrimp and sauce can be made 1 day ahead. Cover separately; chill.
- ☐ Spoon dipping sauce into short glasses. Arrange shrimp on rims.
- ☐ Garnish with whole fresh chives.

Nutrition Facts



Properties

Glycemic Index:76.25, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:5.3082608917485%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 8.01mg, Hesperetin: 8.01mg, Hesperetin: 8.01mg, Hesperetin: 8.01mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 199.95kcal (10%), Fat: 5.91g (9.09%), Saturated Fat: 2.96g (18.53%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 6.61g (2.4%), Sugar: 3.06g (3.4%), Cholesterol: 81.36mg (27.12%), Sodium: 267.49mg (11.63%), Alcohol: 12.36g (100%), Alcohol %: 7.09% (100%), Protein: 9.24g (18.49%), Vitamin C: 16.73mg (20.28%), Phosphorus: 135.61mg (13.56%), Manganese: 0.22mg (10.82%), Copper: 0.19mg (9.25%), Magnesium: 32.99mg (8.25%), Potassium: 279.68mg (7.99%), Calcium: 77.77mg (7.78%), Zinc: 0.83mg (5.52%), Vitamin A: 255.38IU (5.11%), Vitamin B6: 0.1mg (4.99%), Iron: 0.8mg (4.47%), Vitamin B2: 0.08mg (4.42%), Vitamin K: 4.63µg (4.41%), Fiber: 1.02g (4.07%), Folate: 9.1µg (2.28%), Vitamin B5: 0.21mg (2.15%), Selenium: 1.4µg (1.99%), Vitamin B1: 0.02mg (1.64%), Vitamin E: 0.16mg (1.05%), Vitamin B3: 0.21mg (1.05%), Vitamin B12: 0.06µg (1.01%)