



Poached Shrimp with Meyer Lemon Ginger Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup dijon mustard
- ☐ 2 cups wine dry white
- ☐ 0.5 cup flat parsley chopped
- ☐ 2 tablespoons ginger chopped
- ☐ 0.8 cup juice of lemon divided
- ☐ 1.5 teaspoons pepper divided

- ☐ 1.5 teaspoons salt divided
- ☐ 2 pounds shrimp shelled rinsed
- ☐ 0.7 cup vegetable oil

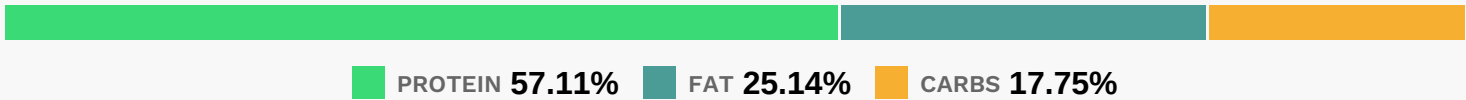
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Whirl 1/2 cup lemon juice, mustard, ginger, brown sugar, and 1/2 tsp. each salt and pepper in a blender until smooth.
- ☐ Pour in oil with motor running. Whirl in parsley, then chill sauce in a small bowl.
- ☐ Boil 4 cups water, wine, 1/4 cup lemon juice, and 1 tsp. each salt and pepper in a large pot.
- ☐ Add shrimp; cover, remove from heat, and let steep just until shrimp are opaque, 3 to 4 minutes.
- ☐ Drain; immerse in ice water until cold.
- ☐ Serve with sauce.
- ☐ Elk Cove 2009 Pinot Blanc (Willamette Valley; \$19). Fresh grapefruit and white peach aromatic jasmine and Meyer lemon zest.
- ☐ The Four Graces 2010 Pinot Blanc (Willamette Valley; \$20). Exotic riot of spiced peaches, Asian pear, pink grapefruit, gardenia, and wet stones.
- ☐ La Rochelle 2009 Pinot Blanc (Arroyo Seco; \$24). Delicate and flamboyant at once, with lemon-lime, a core of white peach, touch of green apple, and light honeysuckle.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:9.6852174064387%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.55mg, Hesperetin: 3.55mg, Hesperetin: 3.55mg, Hesperetin: 3.55mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 202.58kcal (10.13%), Fat: 4.58g (7.05%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 6.63g (2.41%), Sugar: 4.24g (4.71%), Cholesterol: 182.57mg (60.86%), Sodium: 663.04mg (28.83%), Alcohol: 6.18g (100%), Alcohol %: 3.37% (100%), Protein: 23.43g (46.86%), Vitamin K: 69.15µg (65.86%), Phosphorus: 267.19mg (26.72%), Copper: 0.47mg (23.57%), Vitamin C: 13.96mg (16.92%), Magnesium: 54.35mg (13.59%), Potassium: 414.31mg (11.84%), Zinc: 1.71mg (11.37%), Manganese: 0.2mg (10.18%), Calcium: 94.13mg (9.41%), Iron: 1.2mg (6.66%), Vitamin A: 324.85IU (6.5%), Selenium: 2.8µg (4%), Folate: 11.71µg (2.93%), Vitamin B6: 0.05mg (2.72%), Vitamin E: 0.4mg (2.64%), Fiber: 0.66g (2.63%), Vitamin B1: 0.03mg (1.82%), Vitamin B2: 0.02mg (1.32%), Vitamin B5: 0.11mg (1.08%)