



Poaching Liquid for Shrimp



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 peppercorns black
- ☐ 2 bay leaves dried
- ☐ 4 sprigs thyme leaves fresh
- ☐ 1 head garlic
- ☐ 1 tablespoons kosher salt
- ☐ 4 to 5 parsley stems
- ☐ 2 shallots coarsely chopped
- ☐ 6 large to 8 head-on shrimp with tails on deveined peeled

☐ 1 cup white wine

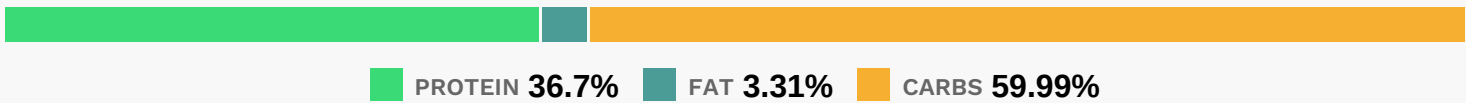
Equipment

☐ dutch oven

Directions

- ☐ Bring about 3 quarts of water to a boil in a large pot or Dutch oven.
- ☐ Add the white wine, salt, peppercorns, parsley stems, if using, thyme, bay leaves, shallots and garlic. Bring back to a boil, and then reduce to a simmer and let the flavors meld, about 10 minutes.
- ☐ Add the shrimp and cook just until opaque and pink, about 2 minutes.
- ☐ Remove from the liquid and shock in an ice bath to stop the cooking.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:2.93, Inflammation Score:-9, Nutrition Score:8.0252173776212%

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 Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 166.44kcal (8.32%), Fat: 0.31g (0.48%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 11.27g (4.1%), Sugar: 3.28g (3.64%), Cholesterol: 48.3mg (16.1%), Sodium: 3536.67mg (153.77%), Alcohol: 12.36g (100%), Alcohol %: 7.74% (100%), Protein: 7.83g (15.67%), Vitamin K: 34.13µg (32.5%), Manganese: 0.54mg (27.2%), Vitamin B6: 0.33mg (16.55%), Vitamin C: 12.28mg (14.88%), Phosphorus: 126.01mg (12.6%), Copper:

0.21mg (10.32%), Potassium: 331.87mg (9.48%), Magnesium: 36.09mg (9.02%), Iron: 1.59mg (8.82%), Calcium: 79.55mg (7.96%), Fiber: 1.53g (6.12%), Zinc: 0.88mg (5.88%), Vitamin A: 273.31IU (5.47%), Folate: 14.28µg (3.57%), Selenium: 2.43µg (3.48%), Vitamin B1: 0.05mg (3.46%), Vitamin B2: 0.05mg (2.98%), Vitamin B5: 0.23mg (2.3%), Vitamin B3: 0.35mg (1.73%)