



Quick-Pickled Shrimp

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 loaf ciabatta bread thick ciabatta or country-style toasted sliced
- ☐ 0.5 pepper flakes red seeded thinly sliced
- ☐ 2 tablespoons fennel bulb
- ☐ 0.5 medium fennel bulb thinly sliced
- ☐ 2 garlic clove thinly sliced
- ☐ 4 servings kosher salt

- ☐ 0.5 cup juice of lemon fresh
- ☐ 4 servings mayonnaise (for serving; optional)
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 medium onion thinly sliced
- ☐ 1 pound shrimp

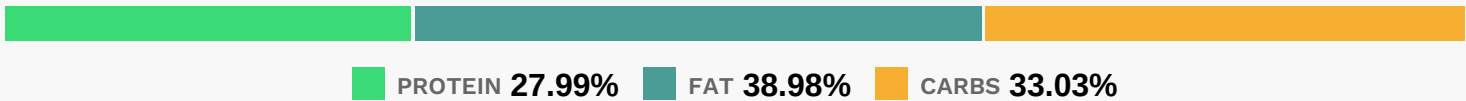
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook shrimp in a large pot of boiling saltedwater until just opaque in the center, about2 minutes.
- ☐ Drain; rinse under cold runningwater to cool. Peel and devein, leaving tailsintact, if desired.
- ☐ Combine shrimp, fennel bulb, onion,garlic, chile, lemon juice, vinegar, oil, andfennel fronds in a medium bowl. Seasonwith salt and pepper and toss to combine.
- ☐ Let sit, tossing occasionally, at least20 minutes.
- ☐ Serve shrimp with toast and mayonnaise,if using.
- ☐ DO AHEAD: Pickled shrimp can be made2 days ahead. Cover and chill.
- ☐ Per serving: 420 calories, 18 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:1.38, Inflammation Score:-3, Nutrition Score:10.061739066535%

Flavonoids

Eriodictyol: 1.88mg, Eriodictyol: 1.88mg, Eriodictyol: 1.88mg, Eriodictyol: 1.88mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg

Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 403.18kcal (20.16%), Fat: 17.66g (27.17%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 33.66g (11.22%), Net Carbohydrates: 31.44g (11.43%), Sugar: 3.19g (3.54%), Cholesterol: 184.25mg (61.42%), Sodium: 651.47mg (28.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.54g (57.07%), Vitamin K: 38.69µg (36.85%), Vitamin C: 25.77mg (31.24%), Phosphorus: 274.33mg (27.43%), Copper: 0.49mg (24.65%), Vitamin E: 2.38mg (15.85%), Potassium: 539.9mg (15.43%), Magnesium: 51.76mg (12.94%), Zinc: 1.68mg (11.18%), Manganese: 0.22mg (10.76%), Calcium: 101.09mg (10.11%), Fiber: 2.22g (8.88%), Iron: 1.12mg (6.22%), Folate: 20.16µg (5.04%), Vitamin B6: 0.1mg (4.77%), Vitamin A: 108.04IU (2.16%), Vitamin B3: 0.36mg (1.8%), Vitamin B5: 0.17mg (1.7%), Vitamin B1: 0.02mg (1.66%), Vitamin B2: 0.03mg (1.61%), Selenium: 0.71µg (1.01%)