



Quick Pickled Shrimp



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 teaspoons creole seasoning
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 optional: lemon thinly sliced
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup onion red thinly sliced
- ☐ 3 tablespoons red wine vinegar

- ☐ 1 pound shrimp cooked peeled
- ☐ 8 servings pepper black freshly ground to taste

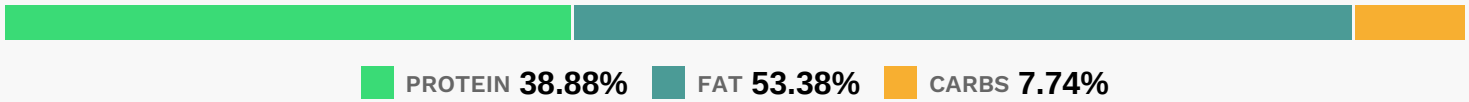
Equipment

- ☐ bowl

Directions

- ☐ Stir together lemon slices, onion, olive oil, vinegar, dill, parsley, Creole seasoning, and garlic in a large bowl; transfer to a zip-top plastic freezer bag.
- ☐ Add shrimp, turning to coat. Seal and chill 2 to 6 hours.
- ☐ Remove shrimp, discarding marinade.
- ☐ Sprinkle shrimp with table salt and freshly ground black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:24.19, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:4.4739130450332%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 117.72kcal (5.89%), Fat: 7.15g (11.01%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.67g (0.74%), Cholesterol: 91.29mg (30.43%), Sodium: 69.39mg (3.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.73g (23.45%), Vitamin K: 20.91µg (19.92%), Phosphorus: 128.17mg (12.82%), Copper: 0.24mg (11.76%), Vitamin C: 9.45mg (11.45%), Vitamin E: 1.1mg (7.3%), Magnesium: 23.11mg (5.78%), Potassium: 195.71mg (5.59%), Zinc: 0.81mg (5.37%), Vitamin A: 225.67IU (4.51%), Calcium: 44.91mg (4.49%), Iron: 0.56mg (3.12%), Manganese: 0.06mg (3.1%), Fiber: 0.64g (2.58%), Vitamin B6: 0.03mg (1.62%), Folate:

4.78μg (1.2%)