



Rock Shrimp Escabèche

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bay leaves
- 0.5 teaspoon cumin
- 4 garlic cloves pressed
- 0.3 teaspoon ground nutmeg
- 4 tablespoons olive oil divided
- 1 onion thinly sliced
- 1 tablespoon paprika
- 2 poblano chile peppers cut into strips

- 2 bell peppers red cut into strips
- 1 pound rock shrimp deveined peeled
- 0.3 teaspoon salt
- 1 cup sherry vinegar

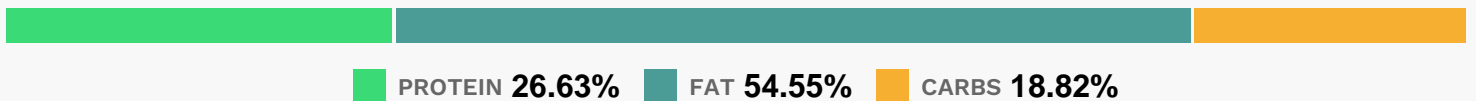
Equipment

- bowl
- frying pan
- paper towels

Directions

- Heat 2 tablespoons oil in a 12-inch skillet over medium heat; add shrimp, and saut 1 to 2 minutes on each side or until lightly browned.
- Place in a bowl, and cover with a paper towel.
- Add remaining oil, onion, and next 3 ingredients to skillet, and saut 2 to 3 minutes or until fragrant. Stir in bay leaves and next 5 ingredients. Slowly bring to a boil, and simmer 5 minutes or until onion is tender.
- Pour mixture over shrimp. Cover and chill 2 hours or overnight. Discard bay leaves before serving.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:12.065217303193%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 132.58kcal (6.63%), Fat: 7.9g (12.15%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 4.4g (1.6%), Sugar: 2.67g (2.97%), Cholesterol: 71.44mg (23.81%), Sodium: 399.83mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.35%), Vitamin C: 63.66mg (77.17%), Vitamin A: 1578.19IU (31.56%), Selenium: 17.16µg (24.51%), Vitamin E: 2.6mg (17.33%), Phosphorus: 164.24mg (16.42%), Vitamin B6: 0.3mg (14.97%), Vitamin B12: 0.63µg (10.49%), Vitamin K: 8.83µg (8.41%), Manganese: 0.16mg (8.24%), Vitamin B3: 1.56mg (7.82%), Folate: 30.62µg (7.66%), Copper: 0.15mg (7.44%), Fiber: 1.73g (6.94%), Potassium: 239.27mg (6.84%), Magnesium: 24.13mg (6.03%), Zinc: 0.76mg (5.06%), Iron: 0.86mg (4.76%), Calcium: 46.95mg (4.7%), Vitamin B1: 0.06mg (3.84%), Vitamin B5: 0.35mg (3.47%), Vitamin B2: 0.06mg (3.46%)