

Shrimp-in-a-Pickle

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



15

CALORIES



124 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon dijon mustard
- 0.5 cup basil fresh chopped
- 2 garlic cloves pressed
- 1 tablespoon hot sauce
- 3 tablespoons juice of lemon fresh
- 1 tablespoon lemon rind grated
- 2 small purple onions sliced
- 1 cup red wine vinegar

- 0.5 teaspoon salt
- 3 pounds shrimp fresh unpeeled
- 3 tablespoons sugar
- 1 cup vegetable oil
- 7.5 cups water
- 1 tablespoon white wine worcestershire sauce

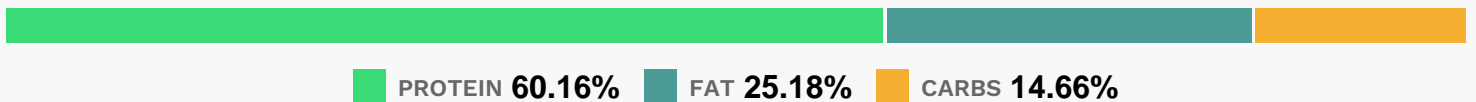
Equipment

- whisk

Directions

- Bring water to a boil; add shrimp, and cook 2 to 3 minutes or until shrimp turn pink.
- Drain and rinse with cold water. Peel shrimp; devein, if desired.
- Layer shrimp and onion slices in an airtight container.
- Whisk together oil and next 10 ingredients; pour over shrimp mixture. Cover and chill 24 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:15.27, Glycemic Load:2.02, Inflammation Score:-1, Nutrition Score:4.464347799835%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 124.15kcal (6.21%), Fat: 3.44g (5.3%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 4.15g (1.51%), Sugar: 3.25g (3.62%), Cholesterol: 146.06mg (48.69%), Sodium: 242.06mg (10.52%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.03%), Phosphorus: 202.87mg (20.29%), Copper: 0.39mg (19.48%), Magnesium: 36.56mg (9.14%), Zinc: 1.28mg (8.54%), Vitamin K: 8.78µg (8.36%), Potassium: 286.7mg (8.19%), Calcium: 70.78mg (7.08%), Vitamin C: 3.91mg (4.74%), Manganese: 0.08mg (3.87%), Iron: 0.69mg (3.86%), Vitamin E: 0.26mg (1.72%), Fiber: 0.37g (1.47%), Vitamin B6: 0.03mg (1.4%), Folate: 4.21µg (1.05%)