



Shrimp in Escabèche



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



139 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 2 garlic cloves smashed
- ☐ 0.7 cup olive oil extra-virgin
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 small onion red halved lengthwise thinly sliced
- ☐ 2 pound shrimp in shell deveined peeled per pound), , leaving tail intact, and
- ☐ 2 turkish bay leaf
- ☐ 0.5 cup distilled vinegar white

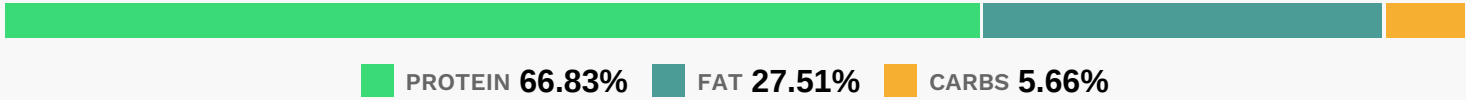
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Toss together onion, vinegar, oregano, and 1 teaspoon salt in a shallow glass or ceramic dish.
- ☐ Simmer oil, bay leaves, garlic, and peppercorns in a small saucepan 10 minutes, then let stand until ready to use.
- ☐ Add shrimp to a medium pot of boiling salted water (2 tablespoons salt for 4 quarts water), then remove from heat and let stand, uncovered, until just cooked through, about 5 minutes.
- ☐ Drain well, then stir into onion mixture along with oil mixture.
- ☐ Chill shrimp in escabeche, covered when cool, stirring occasionally, at least 12 hours. Discard bay leaves and serve shrimp cold or at room temperature.
- ☐ Shrimp in escabeche can be chilled up to 2 days.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:4.8939130834263%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 139.32kcal (6.97%), Fat: 4.22g (6.49%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.53g (0.56%), Sugar: 0.6g (0.67%), Cholesterol: 182.57mg (60.86%), Sodium: 136.14mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.11%), Phosphorus: 249.43mg (24.94%), Copper: 0.46mg (22.99%), Magnesium: 42.55mg (10.64%), Zinc: 1.56mg (10.42%), Potassium: 331.04mg (9.46%), Calcium:

81.73mg (8.17%), Manganese: 0.15mg (7.59%), Iron: 0.74mg (4.13%), Vitamin E: 0.54mg (3.59%), Vitamin K: 3.52µg (3.36%), Fiber: 0.42g (1.69%), Vitamin C: 1.26mg (1.53%), Vitamin B6: 0.03mg (1.42%)