



Shrimp Sullivan's Island

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



45

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 41.3 oz artichoke hearts drained quartered canned
- 3.5 oz capers undrained
- 1.8 cups cider vinegar
- 0.5 tsp hot sauce
- 2 lemons cut in half
- 2 cups olive oil
- 45 servings garnish: parsley fresh chopped
- 1 teaspoon salt

- 5 pounds shrimp fresh unpeeled
- 3 medium size onions sweet thinly sliced
- 10 qt water
- 0.3 cup worcestershire sauce

Equipment

- pot
- slotted spoon

Directions

- Bring 10 qt. water to a boil in a 12-qt. stockpot over medium-high heat; squeeze lemon halves over water, and add squeezed halves to water in stockpot.
- Add shrimp, and cook 3 minutes or just until shrimp turn pink.
- Drain and rinse with cold water to stop the cooking process.
- Peel shrimp; devein, if desired.
- Layer shrimp, onions, and artichoke hearts in 2 (13- x 9-inch) baking dishes.
- Stir together olive oil and next 5 ingredients; pour evenly over shrimp mixture. Cover and chill at least 12 hours or up to 48 hours, stirring occasionally.
- Garnish, if desired, and serve with a slotted spoon.

Nutrition Facts

PROTEIN 54.55% **FAT 25.85%** **CARBS 19.6%**

Properties

Glycemic Index:2.17, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:6.5947825299657%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Kaempferol:

3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 79.34kcal (3.97%), Fat: 2.26g (3.48%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 2.92g (1.06%), Sugar: 1.66g (1.85%), Cholesterol: 81.14mg (27.05%), Sodium: 305.05mg (13.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.46%), Vitamin K: 67.38µg (64.17%), Copper: 0.26mg (13.15%), Phosphorus: 118.79mg (11.88%), Vitamin C: 9.26mg (11.22%), Vitamin A: 342.57IU (6.85%), Magnesium: 25.51mg (6.38%), Potassium: 208.09mg (5.95%), Calcium: 52.97mg (5.3%), Zinc: 0.78mg (5.23%), Iron: 0.74mg (4.13%), Fiber: 0.94g (3.74%), Manganese: 0.07mg (3.31%), Folate: 12.32µg (3.08%), Vitamin E: 0.34mg (2.26%), Vitamin B6: 0.04mg (1.84%), Vitamin B1: 0.02mg (1.06%)