



Shrimp with Parsnip Puree with Pickled Veggies

 **Gluten Free**

READY IN



100 min.

SERVINGS



4

CALORIES



960 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups chicken stock see
- 1 cucumber seeds removed, and julienned
- 2 inch ginger fresh peeled thinly sliced
- 2 cloves garlic minced
- 0.5 cup granulated sugar
- 0.3 cup heavy cream
- 1 juice of lemon

- 4 servings kosher salt
- 1 tablespoon lemon zest fresh
- 2 tablespoons olive oil
- 4 parsnips peeled chopped
- 2 potatoes diced peeled
- 1 bell pepper red stemmed julienned seeded
- 1 pinch salt generous
- 12 large shrimp deveined peeled
- 0.5 teaspoon sugar
- 1 cup butter unsalted
- 0.3 cup citrus champagne vinegar
- 0.5 cup citrus champagne vinegar

Equipment

- frying pan
- whisk
- mixing bowl
- pot

Directions

- Whisk together the vinegar, sugar, and salt.
- Place the cucumber, red pepper, and lemon zest in a medium mixing bowl.
- Pour the dressing over the vegetables. Toss gently to coat. Chill the vegetables and let stand for 1 hour before serving.
- For the puree: In a sauce pot, combine the vinegar, sugar, ginger, and lemon juice. Simmer the mixture over medium-low heat until big bubbles start to form and it becomes a light syrup. Reduce until thickened.
- Remove the pot from the heat.
- Meanwhile, in a large pot, combine the parsnips, potatoes, and chicken stock, and bring to a boil. Cook until both the parsnips and potatoes are fork tender.

- Drain the parsnips and potatoes, and mash with the heavy cream, butter, and ginger syrup until smooth. Season the parsnip-potato mash with salt, to taste.
- Heat a large saute pan over medium-high heat and add the olive oil, garlic, and shrimp. Cook the shrimp for about 3 minutes, or until cooked through. On a warmed serving platter, make a bed of parsnip puree, top with the shrimp, then top the shrimp with the pickled vegetables and some of the juice.

Nutrition Facts

■ PROTEIN **7.35%**
■ FAT **57.38%**
■ CARBS **35.27%**

Properties

Glycemic Index:91.98, Glycemic Load:42.73, Inflammation Score:-9, Nutrition Score:31.701739062434%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 960.32kcal (48.02%), Fat: 62.34g (95.91%), Saturated Fat: 34.48g (215.52%), Carbohydrates: 86.23g (28.74%), Net Carbohydrates: 74.86g (27.22%), Sugar: 40.59g (45.1%), Cholesterol: 194.32mg (64.77%), Sodium: 622.07mg (27.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.96g (35.91%), Vitamin C: 94.08mg (114.04%), Manganese: 1.19mg (59.37%), Vitamin A: 2632.98IU (52.66%), Vitamin K: 52.93µg (50.41%), Potassium: 1602.1mg (45.77%), Fiber: 11.37g (45.48%), Folate: 161.5µg (40.37%), Vitamin B6: 0.76mg (38.1%), Vitamin E: 5.37mg (35.81%), Phosphorus: 353.34mg (35.33%), Vitamin B3: 6.4mg (32.01%), Copper: 0.64mg (31.92%), Magnesium: 108.64mg (27.16%), Vitamin B2: 0.42mg (24.52%), Vitamin B1: 0.36mg (24.03%), Iron: 3.04mg (16.91%), Vitamin B5: 1.65mg (16.51%), Zinc: 2.3mg (15.36%), Selenium: 9.92µg (14.17%), Calcium: 139.87mg (13.99%), Vitamin D: 1.09µg (7.26%), Vitamin B12: 0.12µg (2%)