



Spicy Lemon-Marinated Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



540 min.

SERVINGS



50

CALORIES



101 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup pepper dried red hot
- ☐ 8 tablespoons coarse salt
- ☐ 0.3 cup coriander seeds
- ☐ 8 large optional: lemon
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup pickling spices
- ☐ 10 pounds shrimp shelled deveined (U)
- ☐ 0.5 cup sugar

- ☐ 0.5 cup water
- ☐ 1.5 cups citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ colander
- ☐ peeler

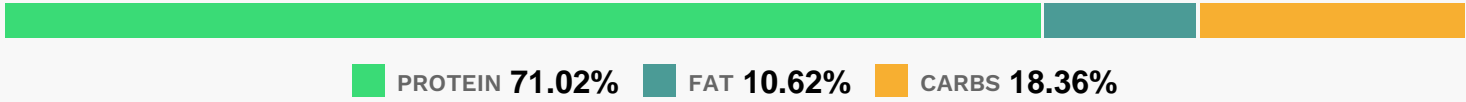
Directions

- ☐ Remove zest from lemons with a vegetable peeler and remove any white pith from zest strips with a sharp knife. Squeeze 1 1/2 cups lemon juice. Finely grind coriander seeds in an electric coffee/spice grinder.
- ☐ Whisk together zest, juice, coriander, vinegar, oil, water, sugar, chile flakes, and 6 tablespoons kosher salt in a large bowl until sugar and salt are dissolved.
- ☐ Bring an 8-qt. pot of water to a boil with pickling spices and remaining 2 tablespoons salt and cook shrimp, 2 lb. at a time, 1 1/2 minutes, or until just cooked through. Return water to a boil between batches.
- ☐ Transfer cooked shrimp with a slotted spoon to a colander to drain and add warm shrimp to marinade, tossing to coat.
- ☐ Cool shrimp slightly and divide among about 8 large sealable plastic bags with marinade. Stack bags in a large roasting pan, keeping shrimp in single layers. Marinate, chilled, turning bags occasionally, at least 8 hours.
- ☐ Drain shrimp before serving.
- ☐ large lemon1 1/2 teaspoons coriander seeds3 tablespoons white-wine vinegar1 tablespoon olive oil1 tablespoon water1 tablespoon sugar1 1/2 teaspoons dried Aleppo or New Mexican

chile flakes or 1 tablespoon dried hot red pepper flakes1 tablespoon plus 2 1/2 teaspoons
kosher salt2 tablespoons pickling spices1 pound large (U 16/2

- ☐ shrimp, shelled and deveined
- ☐ · You can marinate the shrimp up to 3 days.

Nutrition Facts



Properties

Glycemic Index:2.21, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:5.113043497438%

Flavonoids

Eriodictyol: 3.69mg, Eriodictyol: 3.69mg, Eriodictyol: 3.69mg, Eriodictyol: 3.69mg Hesperetin: 4.82mg, Hesperetin: 4.82mg, Hesperetin: 4.82mg, Hesperetin: 4.82mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 100.98kcal (5.05%), Fat: 1.24g (1.91%), Saturated Fat: 0.21g (1.28%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 3.64g (1.33%), Sugar: 2.51g (2.79%), Cholesterol: 146.06mg (48.69%), Sodium: 1245.22mg (54.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.67g (37.34%), Phosphorus: 203.28mg (20.33%), Copper: 0.38mg (19.1%), Vitamin C: 9.5mg (11.52%), Magnesium: 37.3mg (9.32%), Zinc: 1.31mg (8.71%), Potassium: 300.29mg (8.58%), Calcium: 74.14mg (7.41%), Vitamin A: 357.51IU (7.15%), Iron: 0.93mg (5.16%), Fiber: 1.18g (4.73%), Manganese: 0.09mg (4.26%), Vitamin E: 0.54mg (3.6%), Vitamin B6: 0.04mg (1.99%), Vitamin K: 1.51µg (1.44%)