



Spicy Pickled Shrimp



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon ground mustard dry
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup olive oil
- ☐ 2 tablespoons pickling spices
- ☐ 2 pounds shrimp raw unpeeled ()
- ☐ 2 teaspoons salt
- ☐ 1 teaspoon sugar

- ☐ 0.3 cup tarragon vinegar
- ☐ 3 small onion white thinly sliced
- ☐ 1 teaspoon worcestershire sauce

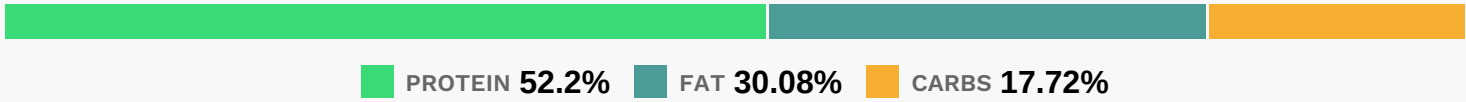
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Peel shrimp; devein, if desired.
- ☐ Cook shrimp in boiling water to cover 3 to 5 minutes or just until shrimp turn pink; drain. Rinse with cold water.
- ☐ Layer shrimp and onions in a large bowl.
- ☐ Whisk together oil and next 7 ingredients; pour over shrimp and onions. Cover and chill 24 hours, stirring occasionally. Stir in parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:18.84, Glycemic Load:0.69, Inflammation Score:-3, Nutrition Score:7.2304347649865%

Flavonoids

Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 82.85kcal (4.14%), Fat: 2.72g (4.18%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 3.02g (1.1%), Sugar: 1.15g (1.27%), Cholesterol: 95.25mg (31.75%), Sodium: 824.31mg (35.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.21%), Selenium: 22.7µg (32.43%), Vitamin K: 21.92µg (20.88%), Phosphorus: 192.72mg (19.27%), Vitamin B12: 0.84µg (13.99%), Vitamin E: 1.29mg (8.58%), Copper:

0.15mg (7.71%), Vitamin B6: 0.15mg (7.36%), Vitamin B3: 1.42mg (7.1%), Calcium: 54.58mg (5.46%), Zinc: 0.8mg (5.3%), Vitamin A: 264.89IU (5.3%), Magnesium: 20.86mg (5.21%), Folate: 20.17µg (5.04%), Vitamin C: 3.45mg (4.18%), Manganese: 0.08mg (4.14%), Potassium: 134.01mg (3.83%), Vitamin B5: 0.26mg (2.62%), Fiber: 0.58g (2.31%), Iron: 0.4mg (2.2%), Vitamin B1: 0.03mg (1.76%), Vitamin B2: 0.02mg (1.13%)