



Spicy Toasted Garlic Aioli Shrimp

 Gluten Free  Dairy Free

READY IN



97 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 bay leaves
- 0.5 teaspoon pepper black
- 1 teaspoon cayenne pepper
- 2 teaspoons cayenne pepper
- 2 teaspoons dijon mustard
- 3 egg yolks
- 5 tablespoons garlic minced
- 3 juice of lemon juiced

- 1 tablespoon kosher salt
- 3 tablespoons kosher salt
- 0.3 cup juice of lemon
- 1.5 cups olive oil
- 4 tablespoons paprika
- 2 tablespoons red wine vinegar
- 2 pounds shrimp deveined peeled
- 1 cup vegetable oil
- 1.5 cups water
- 1 cup white wine

Equipment

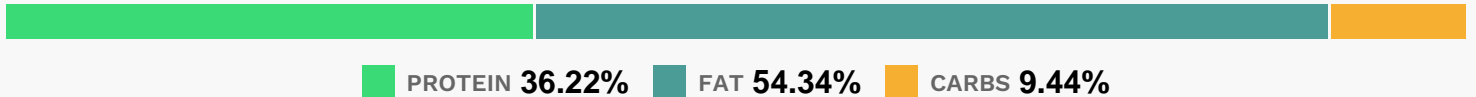
- food processor
- bowl
- frying pan
- sauce pan
- whisk
- mixing bowl
- blender
- measuring cup

Directions

- To make the aioli: Warm the olive oil over low heat in a large skillet.
- Add the garlic, paprika, and cayenne pepper and toast until the garlic is fragrant, about 3 minutes.
- Remove the pan from the heat and add the vegetable oil then transfer the mixture to a measuring cup.
- Combine the egg yolks, lemon juice, red wine vinegar, Dijon mustard, salt, and pepper in a food processor, blender or mixing bowl. Gradually incorporate the garlic mixture, processing, blending, or whisking continuously as you emulsify. Chill the aioli thoroughly.

- Combine 1 1/2 quarts of water with 5 bay leaves, the lemon juice, wine, cayenne pepper and salt in a large saucepan. Bring the poaching liquid to a simmer over medium-high heat.
- Add the shrimp and cook until they are pink, firm and opaque, about 5 minutes.
- Drain the shrimp and allow them to cool.
- Put the shrimp in a bowl.
- Add aioli and mix well. Spoon the shrimp onto plates and serve.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:1.03, Inflammation Score:-9, Nutrition Score:15.736521907475%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 1.23mg, Eriodictyol: 1.23mg, Eriodictyol: 1.23mg, Eriodictyol: 1.23mg Hesperetin: 3.8mg, Hesperetin: 3.8mg, Hesperetin: 3.8mg, Hesperetin: 3.8mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 384.46kcal (19.22%), Fat: 22.16g (34.09%), Saturated Fat: 3.77g (23.55%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 6.41g (2.33%), Sugar: 1.75g (1.94%), Cholesterol: 340.63mg (113.54%), Sodium: 4864.02mg (211.48%), Alcohol: 4.12g (100%), Alcohol %: 1.29% (100%), Protein: 33.24g (66.48%), Vitamin A: 2853.76IU (57.08%), Phosphorus: 398.22mg (39.82%), Copper: 0.68mg (33.9%), Vitamin E: 4.09mg (27.26%), Vitamin K: 25.05µg (23.86%), Magnesium: 72.47mg (18.12%), Manganese: 0.36mg (17.98%), Potassium: 624.74mg (17.85%), Zinc: 2.63mg (17.55%), Vitamin C: 12.7mg (15.39%), Calcium: 145.27mg (14.53%), Iron: 2.54mg (14.11%), Vitamin B6: 0.27mg (13.66%), Selenium: 7.02µg (10.03%), Fiber: 2.25g (9.01%), Vitamin B2: 0.13mg (7.82%), Folate: 22.42µg (5.6%), Vitamin B5: 0.48mg (4.84%), Vitamin B1: 0.06mg (3.95%), Vitamin B3: 0.68mg (3.42%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.18µg (2.92%)