



Vodka-Poached Shrimp with Bloody Mary Cocktail Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



8

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 8 servings bloody mary cocktail sauce
- ☐ 24 jumbo shrimp raw with tails deveined peeled
- ☐ 0.5 optional: lemon
- ☐ 2 teaspoons sea salt
- ☐ 0.5 cup vodka

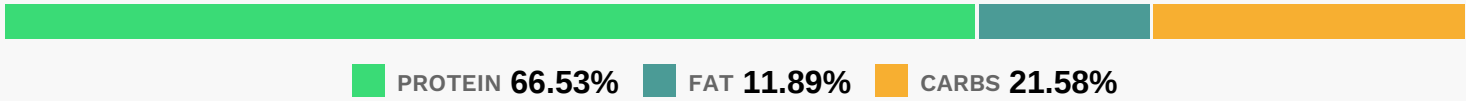
Equipment

☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a large saucepan; bring to a boil over medium-high heat.
- ☐ Add shrimp, and cook 2 to 3 minutes or until shrimp turn pink.
- ☐ Drain. Chill shrimp 1 hour.
- ☐ Serve with Bloody Mary Cocktail Sauce.

Nutrition Facts



Properties

Glycemic Index:9.06, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.5443478518206%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 59.82kcal (2.99%), Fat: 0.33g (0.51%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.4g (0.45%), Cholesterol: 37.8mg (12.6%), Sodium: 763.51mg (33.2%), Alcohol: 5.01g (100%), Alcohol %: 11.65% (100%), Protein: 4.19g (8.39%), Selenium: 8.92µg (12.75%), Phosphorus: 75.46mg (7.55%), Vitamin B12: 0.33µg (5.55%), Vitamin C: 3.58mg (4.34%), Copper: 0.06mg (3.14%), Vitamin E: 0.41mg (2.73%), Vitamin B6: 0.05mg (2.73%), Vitamin B3: 0.54mg (2.72%), Manganese: 0.05mg (2.36%), Zinc: 0.3mg (2%), Calcium: 19.53mg (1.95%), Magnesium: 7.63mg (1.91%), Folate: 6.49µg (1.62%), Potassium: 47.14mg (1.35%), Vitamin A: 56.99IU (1.14%), Vitamin B5: 0.11mg (1.1%), Fiber: 0.26g (1.03%)