



Wild Florida Shrimp-Tangerine Mojito Appetizer

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



126 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 1.5 teaspoons cumin seeds
- ☐ 0.5 teaspoon fennel seeds
- ☐ 1 tablespoons 1 to 2 tablespoons freshly grated tangerine zest freshly grated
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh
- ☐ 1 teaspoon garlic minced

- ☐ 12 jumbo florida shrimp wild deveined cleaned peeled
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon torn mint fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons spiced rum
- ☐ 0.5 cup tangerine juice fresh

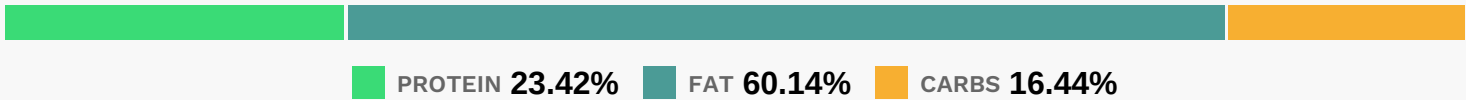
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a heavy skillet over medium heat. Toast 2 to 3 minutes or until aromatic.
- ☐ Remove from heat, and cool completely. Grind to a rough, coarse ground in a spice grinder.
- ☐ Combine fresh ground spices with tangerine zest, thyme, and salt. Rub spice mixture over shrimp.
- ☐ Heat olive oil in a medium skillet over high heat.
- ☐ Add shrimp and cook, stirring constantly, 1 minute.
- ☐ Add garlic, reduce heat to medium, and cook shrimp 2 to 3 more minutes on each side, or until pink and cooked through.
- ☐ Add rum and tangerine juice. Cook 1 minute, and stir in mint and cilantro.
- ☐ Serve immediately with bread for sopping up pan juices.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:3.6721739121105%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 6.05mg, Hesperetin: 6.05mg, Hesperetin: 6.05mg, Hesperetin: 6.05mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 125.75kcal (6.29%), Fat: 7.46g (11.48%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 4.01g (1.46%), Sugar: 3.11g (3.46%), Cholesterol: 48.3mg (16.1%), Sodium: 619.8mg (26.95%), Alcohol: 2.51g (100%), Alcohol %: 3.86% (100%), Protein: 6.54g (13.07%), Vitamin C: 10.68mg (12.95%), Manganese: 0.17mg (8.39%), Phosphorus: 77.29mg (7.73%), Copper: 0.15mg (7.62%), Vitamin E: 1.09mg (7.23%), Iron: 0.99mg (5.52%), Vitamin K: 5.49µg (5.23%), Potassium: 173.15mg (4.95%), Magnesium: 19.34mg (4.83%), Calcium: 43.57mg (4.36%), Zinc: 0.5mg (3.31%), Vitamin A: 163.53IU (3.27%), Fiber: 0.57g (2.3%), Vitamin B1: 0.03mg (1.84%), Vitamin B6: 0.03mg (1.58%)