



Zesty Shrimp Salad



Gluten Free



Dairy Free

READY IN



505 min.

SERVINGS



25

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 bay leaves
- ☐ 1 teaspoon peppercorns black
- ☐ 1 tablespoon celery seed
- ☐ 8 garlic clove thinly sliced
- ☐ 1 tablespoon kosher salt
- ☐ 1 optional: lemon sliced
- ☐ 0.8 cup juice of lemon fresh
- ☐ 1 tablespoon mustard seeds

- ☐ 0.8 cup olive oil
- ☐ 2 pounds shrimp deveined peeled
- ☐ 2 tablespoons sugar
- ☐ 6 thyme sprigs fresh

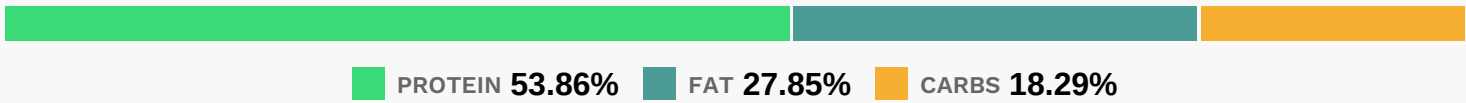
Equipment

- ☐ bowl
- ☐ ziploc bags
- ☐ mortar and pestle
- ☐ meat tenderizer

Directions

- ☐ Crush first 3 ingredients with a mortar and pestle (or place in a heavy-duty plastic bag, and crush with a meat tenderizer).
- ☐ Transfer to a large bowl; add sugar, kosher salt, and lemon juice, stirring until sugar and salt dissolve. Stir in oil and next 4 ingredients.
- ☐ Cook shrimp in boiling water to cover 1 to 2 minutes or until pink.
- ☐ Drain; add to marinade, tossing to coat. Cover and chill 8 hours or overnight. Store 3 to 5 days in refrigerator, stirring occasionally. (The flavor gets more pronounced with time.)

Nutrition Facts



Properties

Glycemic Index:8.1, Glycemic Load:0.86, Inflammation Score:-3, Nutrition Score:2.3843478456787%

Flavonoids

Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 54.2kcal (2.71%), Fat: 1.75g (2.69%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.26g (0.82%), Sugar: 1.29g (1.44%), Cholesterol: 58.42mg (19.47%), Sodium: 323.1mg (14.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Phosphorus: 85.91mg (8.59%), Copper: 0.16mg (7.88%), Vitamin C: 5.89mg (7.13%), Manganese: 0.09mg (4.39%), Magnesium: 17.12mg (4.28%), Zinc: 0.55mg (3.7%), Potassium: 123.73mg (3.54%), Calcium: 34.02mg (3.4%), Iron: 0.46mg (2.56%), Selenium: 1.12µg (1.6%), Vitamin E: 0.23mg (1.54%), Fiber: 0.33g (1.31%), Vitamin B6: 0.02mg (1.21%), Vitamin K: 1.11µg (1.06%)