



Angry Shrimp with Citrus/Spinach salad

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bunch basil cleaned
- 1.5 cups basil leaves stemmed cleaned
- 2 blood oranges peeled
- 1.5 tablespoons california chili powder
- 1 cup flour all-purpose
- 6 large cloves garlic thinly sliced
- 2 grapefruit peeled
- 2 jalapeño peppers thinly sliced

- 8 servings olive oil extra-virgin
- 1 tablespoon cranberry-orange relish julienned
- 1 teaspoon pepper freshly ground
- 1 tablespoon gray salt
- 8 servings salt and pepper
- 3 cups pre-washed spinach
- 2 tangelos peeled

Equipment

- bowl
- frying pan
- baking sheet
- whisk

Directions

- Combine the ingredients and set aside in container. This step can be done the day before dinner.
- Peel and cut the citrus fruit into sections over a plate.
- Drain the juice from the plate into a bowl. Season liberally with gray salt and black pepper.
- Whisk in olive oil to form a vinaigrette (it should be in proportion, about 2 parts juice to 1 part olive oil).
- Season citrus sections with salt and pepper.
- Drizzle a little of the vinaigrette on them to marinate and put them on a platter.
- Have your fishmonger peel the prawns but leave the tails on for handles. Season liberally with salt and pepper. Preheat a saute pan on high. Dredge the shrimp in the flour mixture. This will give them a nice crust and allow them to stay crispy and fresh at room temperature.
- Add olive oil to the pan and put in 1 layer of shrimp. You want them to caramelize, so don't toss or move them.
- Add a little more oil if the flour absorbs what's in the pan. After about 3 minutes, turn over the prawns.

- Let it caramelize, toss and turn out onto a cookie sheet.
- Add about 1/4 cup more olive oil to the already hot saute pan.
- Drain pan juices from the cookie sheet into the saute pan.
- Add sliced garlic and let it get light brown.
- Add chiles and let them get soft.
- Add the basil and stand back - there's a lot of water in basil and it will pop.
- Let it get crispy, less than a minute. While this is happening, arrange prawns over the citrus salad.
- Add the orange zest to the basil/garlic/chile mixture in the saute pan. Season with salt and pepper, then spoon basil/garlic/chile mixture over the prawns.
- Toss the spinach with the citrus vinaigrette and mound on top of the prawns.
- Serve.

Nutrition Facts



PROTEIN 5.3%

FAT 54.09%

CARBS 40.61%

Properties

Glycemic Index:61.63, Glycemic Load:11.72, Inflammation Score:-9, Nutrition Score:15.132173973581%

Flavonoids

Hesperetin: 3.36mg, Hesperetin: 3.36mg, Hesperetin: 3.36mg, Hesperetin: 3.36mg Naringenin: 23.88mg, Naringenin: 23.88mg, Naringenin: 23.88mg, Naringenin: 23.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 234.65kcal (11.73%), Fat: 14.64g (22.53%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 24.73g (8.24%), Net Carbohydrates: 21.7g (7.89%), Sugar: 7.6g (8.44%), Cholesterol: 0mg (0%), Sodium: 1101.12mg (47.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin K: 88.32µg (84.11%), Vitamin A: 2726.38IU (54.53%), Vitamin C: 37.57mg (45.54%), Vitamin E: 3.14mg (20.91%), Manganese: 0.4mg (19.78%), Folate: 69µg (17.25%), Vitamin B1: 0.19mg (12.53%), Fiber: 3.03g (12.12%), Iron: 1.71mg (9.51%), Vitamin B2: 0.15mg (8.94%), Selenium: 6.19µg (8.85%), Vitamin B6: 0.17mg (8.31%), Potassium: 278.5mg (7.96%), Vitamin B3: 1.52mg (7.59%), Magnesium: 28.53mg (7.13%), Copper: 0.12mg (5.89%), Calcium: 58.83mg (5.88%), Phosphorus: 51.35mg (5.13%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.38mg (2.52%)