



Bacon Shrimp Toast

 Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



88 kcal

Ingredients

- ☐ 8 slices bacon
- ☐ 0.5 teaspoon chili paste depending on your taste pref (like sambal or sriracha)
- ☐ 1 teaspoon fish sauce
- ☐ 1 inch ginger fresh
- ☐ 1 medium clove garlic
- ☐ 2 spring onion
- ☐ 1.5 teaspoon sesame oil
- ☐ 1 teaspoon soya sauce
- ☐ 4 tablespoons vegetable oil

- ☐ 12 slices sandwich bread white
- ☐ 1 pound frangelico shelled
- ☐ 1 pound frangelico shelled

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ microwave

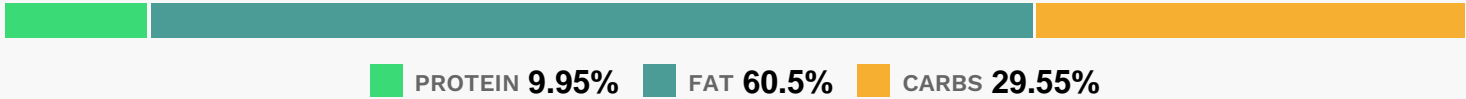
Directions

- ☐ Adjust oven rack to middle position and preheat to 450°F.
- ☐ Cut each slice of bread in half either into rectangles or triangles.
- ☐ Place bread on a rack on a baking sheet and place in the oven until just beginning to dry out, about 3 minutes, flip and toast for an additional 2 minutes then remove from oven and reserve.
- ☐ Cover a plate with paper towel and place bacon on the plate. Working in increments of thirty seconds, microwave bacon on high power until fat begins to render and bacon just begins to curl. Slice each piece of bacon into 3 pieces.
- ☐ In the bowl of a food processor add ginger, scallion, and garlic and pulse until very finely chopped.
- ☐ Add shrimp, fish sauce, soy sauce, sesame oil, and chili paste and pulse until ingredients form a paste.
- ☐ Spread shrimp paste evenly between pieces of toast, then top each piece of toast with a piece of bacon.
- ☐ Heat 1 tablespoon vegetable oil in a medium stainless steel skillet over medium heat until shimmering, then add 1/4 of shrimp toasts bacon side up. Cook until the bottom of the toast is golden brown, about 2 minutes, then remove from the skillet and place on a rack on a

baking sheet. Repeat with remaining oil and toast.

- ☐
- Place bacon shrimp toast in the oven and cook until shrimp paste is cooked and bacon begins to brown, about 12 minutes.
- ☐
- Serve hot, sprinkled with sliced scallions.

Nutrition Facts



Properties

Glycemic Index:6.95, Glycemic Load:4.42, Inflammation Score:-1, Nutrition Score:2.282173929655%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 87.66kcal (4.38%), Fat: 5.88g (9.05%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 6.14g (2.23%), Sugar: 0.72g (0.8%), Cholesterol: 4.84mg (1.61%), Sodium: 142mg (6.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Selenium: 4.43µg (6.32%), Vitamin K: 6.3µg (6%), Vitamin B1: 0.08mg (5.65%), Vitamin B3: 0.92mg (4.58%), Manganese: 0.08mg (4.05%), Folate: 14.73µg (3.68%), Calcium: 27.91mg (2.79%), Iron: 0.48mg (2.66%), Phosphorus: 25.74mg (2.57%), Vitamin B2: 0.04mg (2.21%), Vitamin B6: 0.04mg (1.76%), Vitamin E: 0.25mg (1.7%), Zinc: 0.2mg (1.36%), Fiber: 0.32g (1.3%), Magnesium: 5.16mg (1.29%), Vitamin B5: 0.11mg (1.11%), Copper: 0.02mg (1.05%), Potassium: 35.25mg (1.01%)