



Bacon Wrapped Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 slices bacon cut into 2 to 3-inch sections
- 8 leaves boston lettuce
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons olive oil extra-virgin
- 1 cranberry-orange relish seeded chopped (if there are any)
- 1 chile red hot stemmed chopped
- 4 servings salt and pepper black freshly ground
- 2 scallions white green chopped

- 8 large shrimp shelled deveined

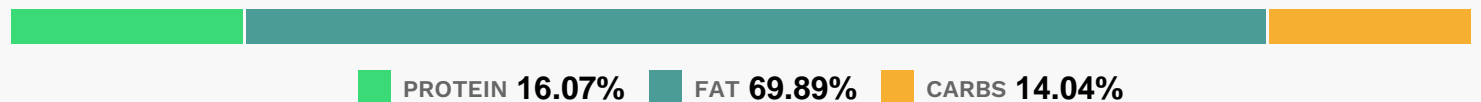
Equipment

- bowl
- baking sheet
- toothpicks
- broiler
- cutting board

Directions

- Watch how to make this recipe.
- Preheat the broiler. In a bowl, stir together the chopped orange, chile, scallions, cilantro, olive oil, and salt and pepper.
- Wrap each shrimp in a section of bacon and secure with a toothpick.
- Put the shrimp on a baking sheet and broil, turning once, until the bacon is crisp and the shrimp is cooked through, 2 to 3 minutes each side. To serve, lay a lettuce leaf on the cutting board.
- Remove the toothpick from 1 of the cooked shrimp and center the shrimp on the lettuce leaf. Spoon a little of the citrus sauce on top, wrap it all up in the lettuce like a burrito, and put it seam-side down on a plate. Keep going in the same way to wrap all of the shrimp.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:1.78, Inflammation Score:-7, Nutrition Score:9.541739196881%

Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.13mg, Kaempferol:

0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 173.69kcal (8.68%), Fat: 13.82g (21.26%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 4.78g (1.74%), Sugar: 4.08g (4.54%), Cholesterol: 43.09mg (14.36%), Sodium: 136.75mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Vitamin K: 49.68µg (47.32%), Vitamin C: 35.88mg (43.49%), Vitamin A: 1254.36IU (25.09%), Folate: 38.29µg (9.57%), Phosphorus: 88.36mg (8.84%), Vitamin E: 1.31mg (8.72%), Potassium: 271.37mg (7.75%), Vitamin B6: 0.15mg (7.47%), Vitamin B1: 0.1mg (6.85%), Copper: 0.13mg (6.3%), Fiber: 1.47g (5.89%), Manganese: 0.11mg (5.73%), Selenium: 3.76µg (5.37%), Vitamin B3: 1.04mg (5.19%), Magnesium: 20.17mg (5.04%), Iron: 0.83mg (4.63%), Calcium: 43.77mg (4.38%), Zinc: 0.6mg (4%), Vitamin B2: 0.06mg (3.53%), Vitamin B5: 0.25mg (2.48%), Vitamin B12: 0.08µg (1.38%)