



Bacon-Wrapped Shrimp



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



1911 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices bacon cut in half crosswise
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup canola oil
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon brown sugar light
- ☐ 24 large shrimp raw unpeeled

- ☐ 0.1 teaspoon salt
- ☐ 2 shallots minced
- ☐ 24 frangelico
- ☐ 24 frangelico

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Peel and devein shrimp, leaving tails on.
- ☐ Combine canola oil and next 7 ingredients in a zip-top plastic freezer bag.
- ☐ Add shrimp; seal and chill 30 minutes, turning once.
- ☐ Meanwhile, arrange bacon in a single layer in a 15- x-10-inch jelly-roll pan.
- ☐ Bake at 450 for 6 to 8 minutes or just until bacon begins to brown. (Bacon will be partially cooked, not crisp.)
- ☐ Remove from pan, and drain on paper towels. Reduce oven temperature to 40
- ☐ Place a lightly greased wire rack in an aluminum foil-lined 15- x 10-inch jelly-roll pan.
- ☐ Remove shrimp from marinade; discard marinade. Wrap 1 bacon piece around each shrimp, and secure with a wooden pick threaded through both ends of shrimp. Arrange shrimp in a single layer on wire rack.
- ☐ Bake at 400 for 8 to 10 minutes or until bacon is crisp and shrimp turn pink.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **14.36%**  FAT **77.62%**  CARBS **8.02%**

Properties

Glycemic Index:212, Glycemic Load:7.84, Inflammation Score:-8, Nutrition Score:39.709130370099%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1911.46kcal (95.57%), Fat: 163.4g (251.38%), Saturated Fat: 39.53g (247.06%), Carbohydrates: 38.03g (12.68%), Net Carbohydrates: 36.13g (13.14%), Sugar: 25.21g (28.01%), Cholesterol: 476.64mg (158.88%), Sodium: 3421.69mg (148.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68g (135.99%), Selenium: 125.34µg (179.05%), Phosphorus: 1017.77mg (101.78%), Vitamin E: 14.32mg (95.49%), Vitamin B3: 15.12mg (75.59%), Vitamin B12: 3.98µg (66.4%), Vitamin B6: 1.32mg (66.24%), Vitamin K: 66.4µg (63.24%), Vitamin B1: 0.82mg (54.42%), Zinc: 5.79mg (38.63%), Copper: 0.65mg (32.4%), Potassium: 1088.14mg (31.09%), Magnesium: 109.07mg (27.27%), Vitamin B5: 2.4mg (24%), Manganese: 0.47mg (23.28%), Vitamin A: 1056.5IU (21.13%), Calcium: 205.44mg (20.54%), Folate: 67.42µg (16.85%), Iron: 3.01mg (16.74%), Vitamin B2: 0.27mg (16.02%), Vitamin D: 1.3µg (8.64%), Vitamin C: 6.4mg (7.76%), Fiber: 1.89g (7.58%)