



Bacon-wrapped Shrimp with Basil-Garlic Stuffing

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 pieces bacon thinly sliced
- ☐ 0.5 cup barbecue sauce prepared
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1.5 tablespoons parmesan cheese freshly grated
- ☐ 1 pound shrimp

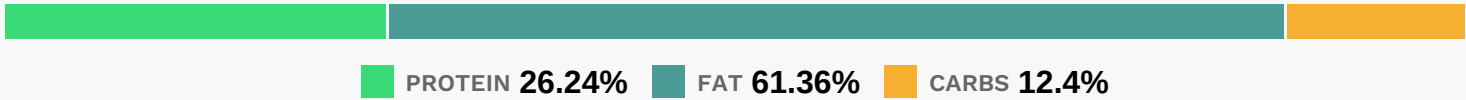
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Peel and devein shrimp, leaving tails on. Butterfly shrimp by cutting a slit along the back and gently pressing open.
- ☐ Combine basil, Parmesan, and garlic in a small bowl.
- ☐ Place basil mixture evenly in shrimp openings; press shrimp closed.
- ☐ Cook bacon over medium heat until partially cooked.
- ☐ Drain on paper towels.
- ☐ Wrap each shrimp with 1 slice bacon, and place on greased baking sheet.
- ☐ Brush barbecue sauce over shrimp, and bake at 400 for 8 to 9 minutes.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.8230434844027%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 133.86kcal (6.69%), Fat: 9.07g (13.95%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 4.03g (1.46%), Sugar: 2.97g (3.3%), Cholesterol: 60.57mg (20.19%), Sodium: 279.72mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.45%), Phosphorus: 97.96mg (9.8%), Selenium: 4.76µg (6.8%), Copper: 0.13mg (6.49%), Vitamin B3: 0.95mg (4.73%), Zinc: 0.68mg (4.56%), Vitamin B1: 0.06mg (4.25%), Potassium: 142.98mg (4.09%), Magnesium: 14.3mg (3.58%), Vitamin B6: 0.07mg (3.55%), Calcium: 27.9mg (2.79%), Vitamin K: 2.25µg (2.14%), Vitamin B12: 0.12µg (1.94%), Manganese: 0.04mg (1.77%), Iron: 0.32mg (1.77%), Vitamin B2: 0.03mg (1.48%), Vitamin B5: 0.14mg (1.42%), Vitamin A: 58.62IU (1.17%), Vitamin E: 0.17mg (1.15%)