



Baked Shrimp Toasts

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



15 kcal

Ingredients

- ☐ 4 inch bread white
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 4 teaspoons garlic minced
- ☐ 1 tablespoon mirin
- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound shrimp deveined peeled cut into 1/2-inch pieces per pound), , , and
- ☐ 2 teaspoons soya sauce
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ spatula
- ☐ cutting board
- ☐ serrated knife

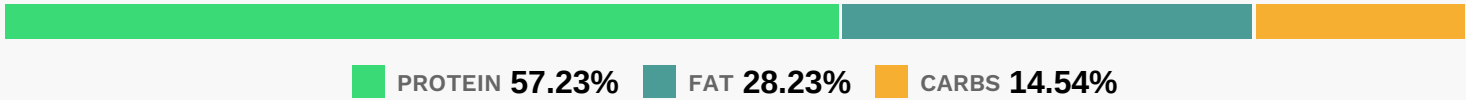
Directions

- ☐ Cook garlic and ginger in oil in an 8- to 9-inch heavy skillet over moderate heat, stirring, until softened and fragrant, about 1 minute.
- ☐ Add mirin, soy sauce, and salt (omit salt if making ahead; see cooks' note, below) and simmer, stirring, 15 seconds.
- ☐ Transfer marinade to a bowl and cool to room temperature.
- ☐ Add shrimp and cilantro, tossing to coat, and marinate, covered and chilled, 1 hour.
- ☐ Put oven rack in upper third of oven and preheat oven to 350°F.
- ☐ Turn bread loaf on its side and evenly cut crust from bottom of loaf using a long serrated knife, discarding crust, then cut a 3/8-inch-thick slice from bottom and trim crust from sides of slice. Put slice on a baking sheet (reserve rest of loaf for another use) and bake, turning over once, until dry but not colored, 8 minutes total.
- ☐ Remove bread from oven but leave on baking sheet.
- ☐ Immediately increase oven temperature to 475°F.
- ☐ Spread top of hot toast with all of shrimp mixture, packing it down into a thick even layer and covering surface entirely. Make sure oven temperature has reached 475°F, then bake shrimp toast until topping is cooked through, 12 to 15 minutes.
- ☐ Transfer with a large flat spatula to a rack to cool 5 minutes, then transfer to a cutting board.
- ☐ Halve shrimp toast crosswise with a very sharp knife, then cut each half lengthwise into fourths, making 8 strips total.

- ☐
- Cut each strip into 4 pieces.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:5.39, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:0.53086956784777%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 15.41kcal (0.77%), Fat: 0.49g (0.76%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 0.57g (0.19%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.15g (0.17%), Cholesterol: 17.12mg (5.71%), Sodium: 76.02mg (3.31%), Alcohol: 0.05g (100%), Alcohol %: 0.52% (100%), Protein: 2.24g (4.48%), Phosphorus: 24.24mg (2.42%), Copper: 0.04mg (2.21%), Magnesium: 4.17mg (1.04%), Zinc: 0.15mg (1.02%)