

# **Baked Shrimp Toasts**

airy Free







# Ingredients

4 inch pullman loar white	
3 tablespoons cilantro leaves fres	sh chopped
1 tablespoon ginger fresh minced p	peeled
4 teaspoons garlic minced	
1 tablespoon mirin	
0.5 teaspoon salt	
0.8 pound shrimp in shell deveine	d peeled cut into 1/2-inch pieces per pound), , , and
2 teaspoons soya sauce	
1 tablespoon vegetable oil	

Eq	uipment
	bowl
	frying pan
	baking sheet
	oven
	knife
	spatula
	cutting board
	serrated knife
Dii	rections
	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.	
	Serve toasts warm or at room temperature.	
	*Available at Asian markets and some supermarkets.	
	Shrimp can be marinated (without salt in marinade) up to 4 hours. Stir in salt before proceeding.	
Nutrition Facts		
	PROTEIN 57.23% FAT 28.23% CARBS 14.54%	

## **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%)