



## Bay Shrimp on Belgian Endive

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

READY IN



30 min.

SERVINGS



12

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 servings pepper black freshly ground
- 0.5 teaspoon coarse salt plus more to taste
- 2 teaspoons dijon mustard
- 1 large eggs
- 4 tablespoons flat-leaf parsley finely chopped
- 1 teaspoon thyme leaves fresh finely chopped
- 1 small clove garlic minced
- 2 tablespoons juice of lemon fresh

- 1 cup mild olive oil extra-virgin
- 0.5 tsp pepper flakes red
- 1 pound bay shrimp rinsed cooked drained
- 3 large heads a combination green red

## Equipment

- food processor
- plastic wrap

## Directions

- Whirl egg, 1/2 tsp. salt, garlic, and mustard in a food processor until smooth.
- Add oil, drop by drop at first and then in a slow stream once mixture has begun to emulsify. Whirl until mixture is thick, then add red pepper flakes and lemon juice and pulse to combine. Chill aioli, covered with plastic wrap.
- Mix shrimp with parsley, thyme, and salt to taste.
- Add just enough aioli to bind the shrimp (5 to 6 tbsp.); save leftover aioli for another use (see Notes).
- Cut bases off endive and separate leaves (save small ones for salad). Arrange leaves on a platter and top each with a tablespoon of shrimp mixture and a grind of pepper.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:3.4530434608459%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 72.52kcal (3.63%), Fat: 4.25g (6.54%), Saturated Fat: 0.67g (4.22%), Carbohydrates: 0.57g (0.19%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.11g (0.12%), Cholesterol: 76.36mg (25.45%), Sodium: 159.25mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.51%), Vitamin K: 24.31µg (23.16%), Phosphorus: 92.05mg (9.2%), Copper: 0.16mg (7.89%), Vitamin E: 0.61mg (4.08%), Zinc: 0.59mg (3.95%), Magnesium: 15.6mg (3.9%), Vitamin C: 3.1mg (3.75%), Potassium: 122.31mg (3.49%), Vitamin A: 168.83IU (3.38%), Calcium: 31.03mg (3.1%), Iron: 0.45mg (2.48%), Selenium: 1.62µg (2.32%), Manganese: 0.04mg (2.06%), Vitamin B2: 0.02mg (1.37%), Folate: 4.76µg (1.19%)