



Bruschetta di Mazzancolle da Zaccaria

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices countrystyle bread
- ☐ 1 bunch chives snipped
- ☐ 4 ounces cooking wine dry white
- ☐ 2 cloves garlic peeled thinly sliced
- ☐ 1 juice of lemon juiced
- ☐ 2 ounces limoncello liqueur
- ☐ 12 large shrimp deveined peeled 21 to 25
- ☐ 4 tablespoons virgin olive oil

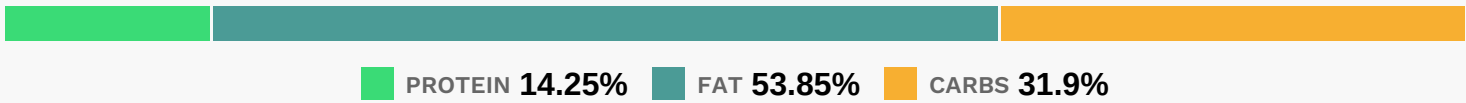
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ In a 12 inch to 14 inch saute pan, heat oil over medium heat until just smoking.
- ☐ Add garlic and toast light brown.
- ☐ Add shrimp and cook 2 to 3 minutes, until bright red. Turn shrimp over and add lemon juice, limoncello and wine and cook 1 minute.
- ☐ Meanwhile, grill or toast the bread and place 1 slice on each plate. Divide the shrimp over the bread.
- ☐ Add chives to pan and divide sauce over shrimp.
- ☐ Sprinkle with lemon zest and serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:7.4, Inflammation Score:-3, Nutrition Score:6.5517392210338%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 304.91kcal (15.25%), Fat: 15.45g (23.78%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 19.4g (7.05%), Sugar: 7.55g (8.39%), Cholesterol: 48.3mg (16.1%), Sodium: 170.2mg (7.4%), Alcohol: 7.47g (100%), Alcohol %: 7.6% (100%), Protein: 9.2g (18.4%), Manganese: 0.41mg (20.33%), Vitamin E: 2.08mg (13.89%), Selenium: 8.32µg (11.89%), Vitamin K: 12.07µg (11.49%), Phosphorus: 108.9mg (10.89%), Copper: 0.17mg (8.36%), Vitamin B1: 0.12mg (8.14%), Vitamin B3: 1.62mg (8.1%), Iron: 1.37mg (7.59%), Folate: 26.68µg (6.67%), Magnesium: 26.06mg (6.51%), Calcium: 60.98mg (6.1%), Zinc: 0.75mg (5.03%), Vitamin C: 4.01mg (4.86%), Fiber: 1.2g (4.8%), Vitamin B2: 0.08mg (4.63%), Potassium: 155.65mg (4.45%), Vitamin B6: 0.07mg (3.43%), Vitamin B5: 0.26mg (2.64%)