



food
network

Bruschetta with Shrimp, Tarragon and Arugula

READY IN



37 min.

SERVINGS



6

CALORIES



547 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup arugula packed chopped
- ☐ 1 pound ciabatta bread trimmed cut into 14 1/2 slices
- ☐ 3 tablespoons tarragon leaves fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 1 garlic clove halved
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup chicken stock see low-sodium
- ☐ 0.5 cup mascarpone cheese at room temperature
- ☐ 3 tablespoons olive oil

- ☐ 6 servings olive oil for drizzling
- ☐ 6 roma tomatoes chopped
- ☐ 2 small shallots thinly sliced
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.3 cup white wine

Equipment

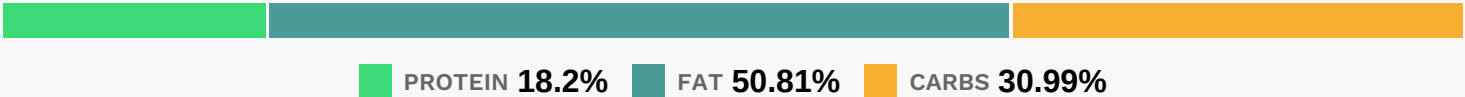
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Toasts: Put an oven rack in the center of the oven. Preheat the oven to 400 degrees F.
- ☐ Arrange the bread slices in a single layer on a baking sheet and drizzle with olive oil.
- ☐ Bake until light golden, about 10 minutes. Cool for 2 minutes. Rub the warm toasts with the cut-side of the garlic. Set aside.
- ☐ Topping: In a medium skillet, heat 3 tablespoons of oil over medium-high heat.
- ☐ Add the shallots and garlic and cook, stirring frequently, until soft, about 2 minutes. Season the shrimp with salt and pepper, to taste, and add them to the skillet. Cook until the meat is just pink and cooked through, about 3 to 4 minutes.
- ☐ Remove the shrimp and chop into 1/2-inch pieces. Set aside.
- ☐ In the same skillet, add the tomatoes and season with salt and pepper, to taste. Cook over medium-high heat until the tomatoes start to soften, about 4 minutes. Turn the heat to high.
- ☐ Add the wine and scrape up the brown bits that cling to the bottom of the pan with a wooden spoon. Cook for 2 minutes.
- ☐ Add the stock and cook until most of the liquid has evaporated, about 2 minutes.
- ☐ Remove the pan from the heat.
- ☐ Add the tarragon, arugula, mascarpone cheese, and chopped shrimp. Stir until the mixture is creamy. Season with salt and pepper, to taste. Spoon the cream sauce over the toasts and

sprinkle with salt and pepper, to taste, before serving.

Nutrition Facts



Properties

Glycemic Index:46.17, Glycemic Load:2.19, Inflammation Score:-7, Nutrition Score:10.286087078893%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 547.23kcal (27.36%), Fat: 30.83g (47.43%), Saturated Fat: 8.63g (53.96%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 40.09g (14.58%), Sugar: 2.47g (2.75%), Cholesterol: 140.46mg (46.82%), Sodium: 481.94mg (20.95%), Alcohol: 1.03g (100%), Alcohol %: 0.45% (100%), Protein: 24.85g (49.7%), Manganese: 0.45mg (22.53%), Vitamin E: 3.38mg (22.52%), Vitamin K: 21.46µg (20.44%), Vitamin A: 1006.03IU (20.12%), Phosphorus: 200.79mg (20.08%), Copper: 0.38mg (18.77%), Potassium: 513.46mg (14.67%), Vitamin C: 11.72mg (14.21%), Calcium: 132.87mg (13.29%), Magnesium: 50.26mg (12.57%), Iron: 2.03mg (11.29%), Vitamin B6: 0.18mg (9.19%), Zinc: 1.34mg (8.92%), Fiber: 2.2g (8.8%), Folate: 25.1µg (6.28%), Vitamin B3: 0.86mg (4.31%), Vitamin B2: 0.07mg (4.05%), Vitamin B1: 0.04mg (2.72%), Vitamin B5: 0.11mg (1.06%)