



Death-Defying Stuffed Shrimp with Tasso Ham and Crab

READY IN



95 min.

SERVINGS



6

CALORIES



541 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings butter melted
- ☐ 1 cup canola oil
- ☐ 1 Dash cayenne
- ☐ 0.5 cup chicken stock see
- ☐ 1 cup cornbread crumbs
- ☐ 2 teaspoons mustard dry
- ☐ 2 egg yolks
- ☐ 4 roasted garlic cloves

- ☐ 10 ounces micro greens mixed
- ☐ 0.5 juice of lemon juiced
- ☐ 1 pound lump crab meat
- ☐ 3 tablespoons olive oil
- ☐ 1 onion diced finely
- ☐ 0.3 cup parsley divided finely chopped
- ☐ 3 roma tomatoes dried split
- ☐ 1 pinch saffron threads dissolved in 2 tablespoons hot water
- ☐ 2 teaspoons salt
- ☐ 6 servings salt and pepper freshly ground
- ☐ 2 pounds shrimp with tails on peeled per pound,
- ☐ 0.5 cup tasso diced finely
- ☐ 0.5 cup tasso diced finely

Equipment

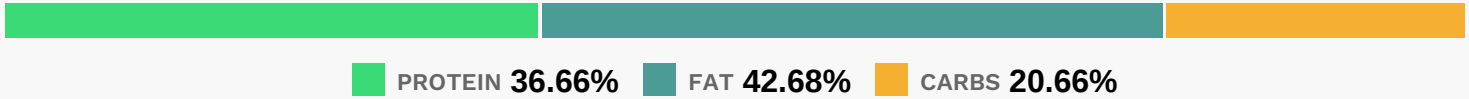
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Heat oil in a skillet over medium heat.
- ☐ Saute the onion, tasso ham and 2 tablespoons parsley for 3 to 5 minutes until fragrant.
- ☐ Combine cornbread crumbs with the sauteed ham mixture in a large bowl.
- ☐ Add chicken stock and blend to evenly moisten. Gently fold in crab meat and remaining parsley. Season with salt and pepper. Preheat oven to 400-degrees F. Butterfly the shrimp by cutting almost all the way through the inside curl of the body. Open flat to resemble a

- butterfly shape and devein. Spoon 2 tablespoons into the cavity of the shrimp, fold the tail over to hold the stuffing in place. Perch the shrimps on a lightly buttered baking dish, tail side up.
- ☐ Drizzle with some melted butter and bake 10 to 15 minutes.
 - ☐ Serve on bed of greens with Roasted Tomato Aioli.
 - ☐ Begin with all ingredients at room temperature, they will emulsify more readily. In a food processor or blender, process the yolks, salt, mustard, cayenne, lemon juice, garlic and saffron water.
 - ☐ Add the tomatoes and process again. With the motor running, add a few drops of the oil, the mixture will begin to thicken. Then, begin adding the remaining oil in a thin, steady stream. Scrape down the sides of the processor/blender. Check and adjust seasonings.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:0.91, Inflammation Score:-8, Nutrition Score:29.260434824487%

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: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 540.77kcal (27.04%), Fat: 25.75g (39.61%), Saturated Fat: 6.46g (40.35%), Carbohydrates: 28.05g (9.35%), Net Carbohydrates: 26.24g (9.54%), Sugar: 8.41g (9.34%), Cholesterol: 373.81mg (124.6%), Sodium: 2097.28mg (91.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.77g (99.54%), Vitamin B12: 7.02µg (117%), Phosphorus: 714.78mg (71.48%), Copper: 1.4mg (69.84%), Selenium: 36.76µg (52.51%), Vitamin K: 55.03µg (52.41%), Zinc: 7.24mg (48.24%), Vitamin C: 26.92mg (32.63%), Magnesium: 112.75mg (28.19%), Vitamin A: 1309.13IU (26.18%), Potassium: 846.19mg (24.18%), Folate: 95.94µg (23.99%), Calcium: 217.47mg (21.75%), Vitamin E: 3.03mg (20.18%), Manganese: 0.35mg (17.74%), Iron: 2.89mg (16.06%), Vitamin B6: 0.3mg (14.81%), Vitamin B3: 2.49mg (12.44%), Vitamin B1: 0.17mg (11.43%), Vitamin B2: 0.19mg (11.37%), Vitamin B5: 0.82mg (8.16%), Fiber: 1.81g (7.24%), Vitamin D: 0.32µg (2.16%)