



Dinner Tonight: Shrimp Bruschetta from 'da Zaccaria

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunch chives chopped
- ☐ 0.5 cup wine dry white
- ☐ 2 garlic clove sliced
- ☐ 4 slices bread crumbs italian
- ☐ 1 juice of lemon
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 4 servings salt and pepper

☐ 12 large shrimp deveined peeled

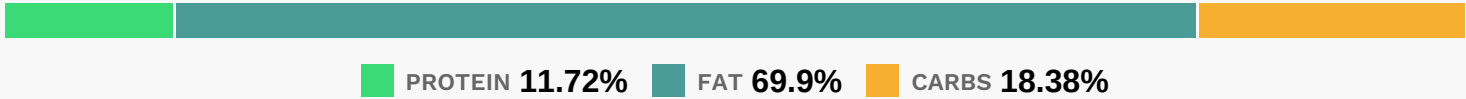
Equipment

☐ frying pan

Directions

- ☐ Pour the oil into a large saute pan over high heat. When just starting to smoke, toss in the garlic. Cook until it turns light brown.
- ☐ Add the shrimp and cook for about 2 to 3 minutes, flip, and cook for 1 minute.
- ☐ Remove the shrimp.
- ☐ Pour in the the limoncello, lemon juice, and wine. Bring to a boil and cook for 3 minutes.
- ☐ Toast the bread.
- ☐ When sauce is done, turn off the heat, sprinkle in the chives and season with salt and pepper.
- ☐ Place a few shrimp atop each piece of bread, and top with the sauce and lemon zest.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:3.6747826285984%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg 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: 285.23kcal (14.26%), Fat: 20.75g (31.92%), Saturated Fat: 5.74g (35.87%), Carbohydrates: 12.28g (4.09%),
Net Carbohydrates: 11.5g (4.18%), Sugar: 6.69g (7.43%), Cholesterol: 48.3mg (16.1%), Sodium: 305.82mg (13.3%),
Alcohol: 3.09g (100%), Alcohol %: 3.77% (100%), Protein: 7.83g (15.65%), Vitamin E: 1.96mg (13.06%), Vitamin K:
10.4µg (9.91%), Phosphorus: 80.47mg (8.05%), Copper: 0.13mg (6.3%), Vitamin C: 3.95mg (4.79%), Vitamin B3:
0.96mg (4.78%), Potassium: 160.77mg (4.59%), Magnesium: 18.15mg (4.54%), Iron: 0.78mg (4.34%), Folate: 15.49µg
(3.87%), Manganese: 0.08mg (3.76%), Zinc: 0.51mg (3.37%), Fiber: 0.78g (3.12%), Calcium: 26.24mg (2.62%),
Vitamin B1: 0.04mg (2.34%), Vitamin B6: 0.04mg (1.92%), Vitamin B2: 0.03mg (1.55%)