



Elsa's Jumbo Shrimp with Sage and Pancetta

 Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 inch wooden party picks big toothpicks, no frills
- ☐ 4 servings green bean salad
- ☐ 4 servings drizzle olive oil extra-virgin
- ☐ 12 slices pancetta very thin
- ☐ 4 servings potato watercress salad
- ☐ 12 large sage leaves

Equipment

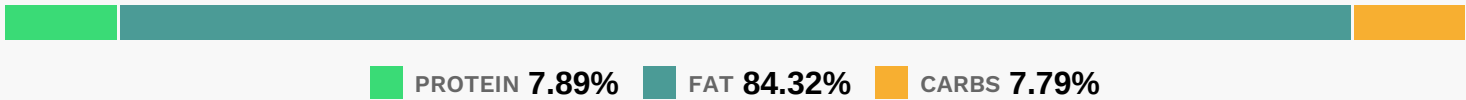
- ☐ frying pan

- ☐ toothpicks
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Place shrimp on a dish and drizzle with a touch of extra-virgin olive oil and toss shrimp to coat lightly in the oil. Press sage leaves down the backs of shrimp where you have deveined them. Wrap shrimp with 1 slice of pancetta each and hold in place with a toothpick placed lengthwise in shrimp. Set aside until ready to grill.
- ☐ Heat an indoor electric grill to highest setting. Grill shrimps 3 minutes on each side or until shrimp is pink and just firm and pancetta is crisp. To pan fry shrimp, heat a nonstick skillet over medium high to high heat, and sear shrimp 3 minutes per side.
- ☐ Serve 3 shrimp per person with potato watercress salad and green bean salad.
- ☐ Serving suggestions: .

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.15, Inflammation Score:-4, Nutrition Score:8.5247826420743%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 328.57kcal (16.43%), Fat: 31.14g (47.92%), Saturated Fat: 7.6g (47.51%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 4.82g (1.75%), Sugar: 2.03g (2.25%), Cholesterol: 27.99mg (9.33%), Sodium: 302.59mg (13.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Vitamin K: 32.59µg (31.04%), Copper: 0.43mg (21.46%), Vitamin E: 2.45mg (16.36%), Selenium: 8.97µg (12.82%), Vitamin B1: 0.17mg (11.38%), Vitamin B3: 2.23mg (11.14%), Vitamin B6: 0.2mg (9.76%), Phosphorus: 86.27mg (8.63%), Vitamin C: 6.72mg (8.15%), Vitamin A: 396.67IU (7.93%), Manganese: 0.16mg (7.88%), Fiber: 1.65g (6.62%), Potassium: 207.6mg (5.93%), Vitamin B2: 0.1mg (5.86%), Folate: 21.3µg (5.33%), Iron: 0.95mg (5.26%), Magnesium: 20.44mg (5.11%), Zinc: 0.68mg (4.5%), Vitamin B5:

0.37mg (3.73%), Vitamin B12: 0.21µg (3.57%), Calcium: 24.81mg (2.48%), Vitamin D: 0.17µg (1.13%)