



Greek Shrimp Bruschetta

READY IN



45 min.

SERVINGS



24

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 slices crusty baguette french
- ☐ 2 teaspoons thyme sprigs fresh minced
- ☐ 1.5 tablespoons garlic minced
- ☐ 0.5 cup spring onion sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup olive oil divided
- ☐ 0.3 cup parsley finely chopped
- ☐ 2 large plum tomatoes seeded finely chopped

- ☐ 1 teaspoon penzey's southwest seasoning
- ☐ 0.8 pound shrimp fresh deveined peeled

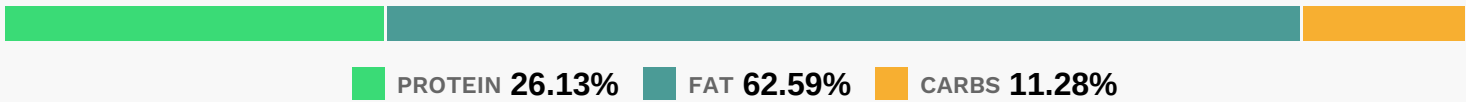
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat. Saut shrimp and garlic 3 to 4 minutes until shrimp are cooked.
- ☐ Transfer to a small bowl and chill.
- ☐ Combine tomatoes, 1 tablespoon olive oil and next 6 ingredients in a large bowl; stir in shrimp. Refrigerate until ready to serve.
- ☐ Place bread slices on a baking sheet; brush bread with remaining olive oil.
- ☐ Bake at 375 for 8 minutes. Spoon 1 heaping tablespoon shrimp mixture onto each bread slice.

Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:2.5795652613692%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 53.72kcal (2.69%), Fat: 3.82g (5.87%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.28g (0.31%), Cholesterol: 25.6mg (8.53%), Sodium: 61.89mg (2.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Vitamin K: 18.16µg (17.29%), Phosphorus: 45.8mg (4.58%), Vitamin E: 0.52mg (3.5%), Copper: 0.07mg (3.38%), Calcium: 33.68mg (3.37%), Vitamin C: 2.6mg (3.15%), Vitamin A: 141.14IU (2.82%), Zinc: 0.33mg (2.19%), Manganese: 0.04mg (2.18%), Vitamin B2: 0.04mg (2.14%), Magnesium: 8.18mg (2.05%), Iron: 0.35mg (1.97%), Potassium: 68.75mg (1.96%), Folate: 6.19µg (1.55%), Vitamin B6: 0.03mg (1.49%), Vitamin B1: 0.02mg (1.18%), Fiber: 0.29g (1.15%), Selenium: 0.79µg (1.13%)