



Griddled langoustines with hazelnut butter



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 shrimp shelled
- ☐ 1 tsp hazelnuts toasted
- ☐ 25 g butter
- ☐ 9 servings parsley finely chopped
- ☐ 1 tsp olive oil
- ☐ 10 frangelico
- ☐ 10 frangelico

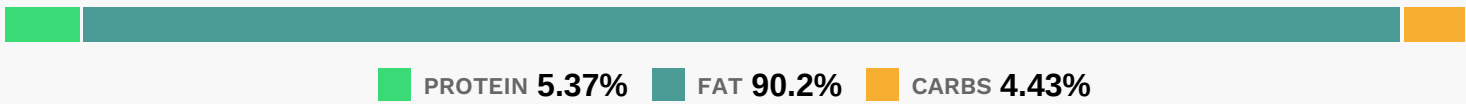
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ skewers

Directions

- ☐ Thread the langoustines carefully onto the skewers and chill for up to a day. For the butter, finely grate or chop half the hazelnuts (grating gives the nuttiest flavour), then roughly chop the rest. Tip into a small saucepan with the butter, parsley and a little seasoning, then set aside. When ready to serve, melt the hazelnut butter in the pan.
- ☐ Heat a griddle pan or barbecue, then brush the langoustines with the oil. Griddle each skewer for 1–2 mins, turning, until pink and just cooked. Pile on a platter, pour half the hazelnut butter over the langoustines, then serve the rest in a small bowl for dipping.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:10.311739159667%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 38.78mg, Apigenin: 38.78mg, Apigenin: 38.78mg, Apigenin: 38.78mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 2.67mg, Myricetin: 2.67mg, Myricetin: 2.67mg, Myricetin: 2.67mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 135.82kcal (6.79%), Fat: 14.09g (21.68%), Saturated Fat: 6.88g (43%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 0.73g (0.26%), Sugar: 0.27g (0.3%), Cholesterol: 33.72mg (11.24%), Sodium: 95.35mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.77%), Vitamin K: 297.78µg (283.6%), Vitamin A: 1831.69IU (36.63%), Vitamin C: 24.12mg (29.24%), Manganese: 0.19mg (9.59%), Folate: 31.07µg (7.77%), Vitamin E: 1.12mg (7.46%), Iron: 1.3mg (7.24%), Copper: 0.1mg (4.91%), Potassium: 131.4mg (3.75%), Magnesium: 14.92mg

(3.73%), Fiber: 0.83g (3.33%), Calcium: 33.22mg (3.32%), Phosphorus: 32.64mg (3.26%), Vitamin B12: 0.18µg (2.94%), Selenium: 1.91µg (2.73%), Vitamin B1: 0.03mg (2.29%), Zinc: 0.34mg (2.25%), Vitamin B6: 0.04mg (1.86%), Vitamin B3: 0.37mg (1.84%), Vitamin B2: 0.03mg (1.69%), Vitamin B5: 0.13mg (1.34%)