



Grilled Jumbo Shrimp and Pickled



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 large bibb lettuce leaves outer leaves
- ☐ 1 handful flat-leaf parsley leaves chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 cup giardiniera italian with foods aisle hot
- ☐ 0.5 juice of lemon juiced
- ☐ 16 jumbo shrimp deveined peeled for "easy-peels" at fish counter
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 9 servings grinds coarse pepper black

- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 4 servings salt and pepper
- ☐ 1 vine-ripe tomato seeded chopped

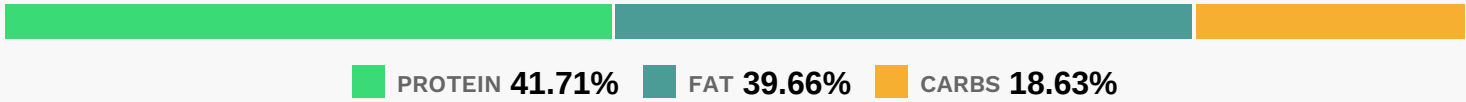
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill pan or outdoor grill to high.
- ☐ Place shrimp in shallow dish.
- ☐ Sprinkle garlic over shrimp.
- ☐ Drizzle shrimp with extra-virgin olive oil and season with salt, pepper and crushed red pepper. Grill 2 minutes on each side, until pink and opaque and head curls towards tail. Squeeze the juice of 1/2 lemon over shrimp and remove to platter to cool.
- ☐ In food processor, coarsely chop the giardiniera vegetables.
- ☐ Transfer to a bowl and stir in the lemon juice, parsley, tomato, and pepper until well combined. To serve, place 2 shrimp in a bibb lettuce leaf and sprinkle some gazpacho sauce over them.
- ☐ Roll them up like a mini-burrito and enjoy!

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:9.1586957133335%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg,

Naringenin: 0.26mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 85.31kcal (4.27%), Fat: 3.97g (6.11%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.71g (1.9%), Cholesterol: 64.4mg (21.47%), Sodium: 256.99mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.78%), Vitamin K: 56.16µg (53.49%), Vitamin A: 1409.7IU (28.19%), Vitamin C: 20.62mg (25%), Phosphorus: 118.16mg (11.82%), Folate: 43.19µg (10.8%), Copper: 0.2mg (10.07%), Manganese: 0.2mg (10.06%), Potassium: 347.99mg (9.94%), Magnesium: 26.89mg (6.72%), Vitamin B6: 0.12mg (6.12%), Vitamin E: 0.86mg (5.71%), Fiber: 1.42g (5.67%), Iron: 0.94mg (5.25%), Calcium: 50.97mg (5.1%), Zinc: 0.76mg (5.06%), Vitamin B1: 0.05mg (3.11%), Vitamin B2: 0.05mg (2.67%), Vitamin B5: 0.26mg (2.62%), Vitamin B3: 0.48mg (2.38%)