



Grilled Shellfish with Romesco Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons blanched almonds and toasted
- ☐ 2 tablespoons cooking sherry dry
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 2 teaspoons olive oil extravirgin divided
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon hungarian paprika sweet

- ☐ 1 jalapeno minced seeded
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 pounds littleneck clams scrubbed
- ☐ 2 pounds mussels scrubbed
- ☐ 0.5 pound plum tomatoes peeled seeded chopped
- ☐ 1 bell pepper red
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons water
- ☐ 3 ounce bread white
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

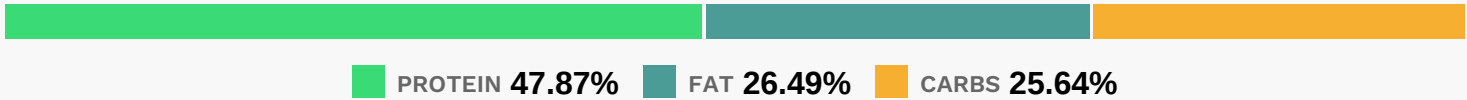
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Preheat broiler.
- ☐ To prepare sauce, place bread directly onto oven rack. Broil 2 minutes on one side or until toasted; remove from oven and cut into cubes.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.

- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and chop.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium heat.
- ☐ Add 3 garlic cloves; cook 2 minutes, stirring occasionally.
- ☐ Add paprika, tomatoes, and jalapeo; cook 2 minutes, stirring occasionally.
- ☐ Add sherry; cover, reduce heat, and simmer 10 minutes.
- ☐ Remove from heat; stir in bread.
- ☐ Place bread mixture, bell pepper, remaining 1 teaspoon oil, almonds, and next 4 ingredients (through salt) in a food processor; process until smooth.
- ☐ Prepare grill.
- ☐ To prepare shellfish, combine parsley, 1 teaspoon oil, shrimp, and 1 garlic clove in a large zip-top plastic bag. Seal and refrigerate for 30 minutes. Thread 4 shrimp onto each of 6 (8-inch) skewers.
- ☐ Place skewers on grill rack coated with cooking spray; grill 4 minutes on each side or until done.
- ☐ Remove from grill.
- ☐ Place clams and mussels directly onto grill rack; grill 10 minutes or until shells open. Discard any unopened shells.
- ☐ Serve shellfish with sauce.

Nutrition Facts



Properties

Glycemic Index:62.63, Glycemic Load:7.5, Inflammation Score:-9, Nutrition Score:30.8278260542%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin:

0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 264.9kcal (13.24%), Fat: 7.56g (11.64%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 14.69g (5.34%), Sugar: 3.07g (3.41%), Cholesterol: 171.28mg (57.09%), Sodium: 1141.92mg (49.65%), Alcohol: 0.51g (100%), Alcohol %: 0.2% (100%), Protein: 30.76g (61.52%), Vitamin B12: 13.07µg (217.91%), Manganese: 2.94mg (146.78%), Selenium: 78.79µg (112.56%), Phosphorus: 526.58mg (52.66%), Vitamin C: 42.97mg (52.09%), Vitamin A: 1577.73IU (31.55%), Vitamin E: 3.9mg (25.99%), Iron: 4.63mg (25.72%), Vitamin B3: 4.64mg (23.18%), Folate: 90.14µg (22.54%), Magnesium: 77.63mg (19.41%), Copper: 0.38mg (19.08%), Zinc: 2.85mg (18.98%), Vitamin B6: 0.38mg (18.77%), Vitamin B1: 0.26mg (17.36%), Potassium: 591.12mg (16.89%), Vitamin K: 17.34µg (16.51%), Vitamin B2: 0.28mg (16.46%), Calcium: 140.07mg (14.01%), Vitamin B5: 0.99mg (9.93%), Fiber: 1.79g (7.15%)