



Grilled Shrimp Crostino with an Edamame-Goat Cheese Puree

READY IN



90 min.

SERVINGS



40

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 baguettes cut in 1/2-inch rounds
- ☐ 0.5 cup canola oil
- ☐ 1 cloves garlic whole for rubbing bread
- ☐ 2 cups edamame
- ☐ 1 piece ginger fresh grated peeled
- ☐ 6 cloves garlic minced smashed
- ☐ 10 ounce log goat cheese
- ☐ 1 juice of lemon

- ☐ 40 servings kosher salt
- ☐ 40 servings olive oil for grilling
- ☐ 0.8 cup rice wine vinegar
- ☐ 10 scallions separated minced sliced
- ☐ 40 large shrimp deveined peeled
- ☐ 1.5 cups soya sauce
- ☐ 3 teaspoons sambal
- ☐ 3 teaspoons sambal

Equipment

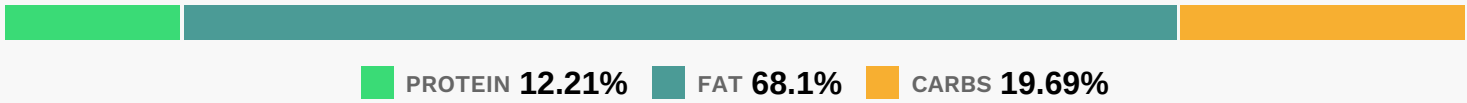
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ grill

Directions

- ☐ For the marinade: To a bowl, add your soy sauce, rice wine vinegar, oil, sambal, scallion whites, garlic and ginger. Stir to combine.
- ☐ Add the shrimp to the marinade, toss and set aside.
- ☐ For the edamame-goat cheese puree: To the bowl of a food processor, add in your edamame, goat cheese, lemon zest and juice and salt to taste. Process to thoroughly combine. Taste and adjust seasonings as needed.
- ☐ Preheat a grill on high. Dip a paper towel in some oil and rub down your grill to create a nonstick surface.
- ☐ Remove the shrimp from the marinade, shake dry and place onto the grill. Cook until slightly charred and pink on the outside, 2 to 3 minutes on each side.
- ☐ Remove the shrimp from the grill and set aside to cool slightly. Slice in half lengthwise and set aside until ready to plate.
- ☐ Grill the bread on both sides until grill marks form, 2 to 3 minutes on each side.
- ☐ Remove the bread from the grill and rub with the whole garlic cloves.

- ☐
- Spread about 1 tablespoon of the edamame-goat cheese spread on each crostino. Top with 2 pieces of the shrimp.
- ☐
- Garnish with the green portion of the scallions and serve.

Nutrition Facts



Properties

Glycemic Index:6.09, Glycemic Load:6.35, Inflammation Score:-2, Nutrition Score:5.0743478601393%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 221.61kcal (11.08%), Fat: 16.88g (25.98%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 10.12g (3.68%), Sugar: 1.39g (1.54%), Cholesterol: 19.36mg (6.45%), Sodium: 834.6mg (36.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Vitamin K: 15.74µg (14.99%), Vitamin E: 2.2mg (14.66%), Vitamin B1: 0.12mg (8.14%), Manganese: 0.16mg (7.9%), Iron: 1.38mg (7.65%), Phosphorus: 70.89mg (7.09%), Copper: 0.13mg (6.52%), Vitamin B3: 1.25mg (6.23%), Folate: 24.58µg (6.15%), Vitamin B2: 0.1mg (6.09%), Selenium: 3.61µg (5.16%), Calcium: 47.58mg (4.76%), Magnesium: 13.89mg (3.47%), Fiber: 0.86g (3.43%), Potassium: 115.5mg (3.3%), Vitamin B6: 0.06mg (3.18%), Zinc: 0.4mg (2.7%), Vitamin A: 103.21IU (2.06%), Vitamin B5: 0.16mg (1.58%), Vitamin C: 1.03mg (1.24%)