



Grilled Shrimp with Cherokee and Oxheart Tomato Tartare

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons basil fresh whole green coarsely chopped for garnish
- ☐ 1 teaspoon kosher salt for sprinkling
- ☐ 1 garlic clove minced
- ☐ 12 ounces shrimp deveined uncooked unpeeled cut in half lengthwise through shell, , shell still attached
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided for brushing (preferably Ligurian)
- ☐ 1 teaspoon shallots minced
- ☐ 2 tomatoes

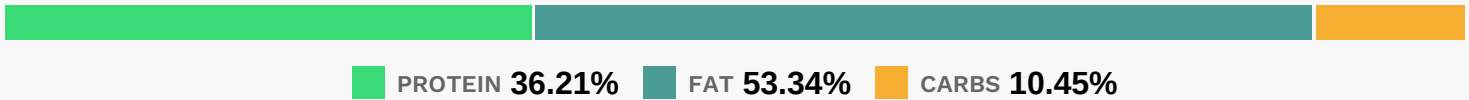
Equipment

- ☐ bowl
- ☐ sieve
- ☐ plastic wrap
- ☐ ramekin
- ☐ grill

Directions

- ☐ Cut all tomatoes into 1/3-inch cubes; place in large bowl.
- ☐ Add 1 teaspoon fleur de sel; toss.
- ☐ Let stand 15 minutes.
- ☐ Transfer tomatoes to strainer set over large bowl; let stand 45 minutes to drain well, tossing often.
- ☐ Transfer tomatoes to medium bowl; stir in chopped basil, 1 tablespoon olive oil, garlic, and shallot. Season with fleur de sel and ground black pepper.
- ☐ Line six 3/4-cup ramekins or custard cups with plastic wrap, leaving long overhang. Fill each ramekin with scant 1/2 cup tomato mixture; press to compact. Cover with plastic overhang, pressing firmly. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Prepare barbecue (medium-high heat). Open up plastic wrap on ramekins. Invert 1 ramekin onto each of 6 plates, releasing tomato mixture.
- ☐ Brush shrimp with olive oil; sprinkle with fleur de sel and pepper. Grill shrimp, shell side down, 1 1/2 minutes. Turn shrimp over and grill just until opaque in center, about 1 1/2 minutes longer. Arrange 2 shrimp halves atop tomatoes on each plate.
- ☐ Drizzle remaining 1 tablespoon olive oil over tomatoes, garnish with whole basil leaves, and serve.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.48, Inflammation Score:-4, Nutrition Score:6.0904347222784%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 90.03kcal (4.5%), Fat: 5.33g (8.2%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 1.83g (0.66%), Sugar: 1.11g (1.24%), Cholesterol: 71.44mg (23.81%), Sodium: 710.79mg (30.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Selenium: 16.86µg (24.09%), Phosphorus: 149.52mg (14.95%), Vitamin E: 1.65mg (10.98%), Vitamin B12: 0.63µg (10.49%), Vitamin A: 478.81IU (9.58%), Vitamin K: 9µg (8.57%), Vitamin C: 5.92mg (7.18%), Vitamin B6: 0.13mg (6.62%), Copper: 0.13mg (6.6%), Vitamin B3: 1.26mg (6.31%), Potassium: 166.45mg (4.76%), Magnesium: 17.62mg (4.4%), Folate: 17.5µg (4.38%), Zinc: 0.63mg (4.22%), Manganese: 0.08mg (4.06%), Calcium: 37.21mg (3.72%), Vitamin B5: 0.22mg (2.18%), Fiber: 0.52g (2.1%), Vitamin B1: 0.03mg (1.86%), Iron: 0.29mg (1.63%), Vitamin B2: 0.02mg (1.02%)