



Grilled Shrimp with Romesco Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons almonds toasted (see notes)
- ☐ 1 pepper flakes dried stemmed seeded
- ☐ 2 tablespoons garlic sliced
- ☐ 1.5 teaspoons olive oil
- ☐ 1 tablespoon flat parsley italian chopped
- ☐ 0.8 cup roasted peppers red canned drained
- ☐ 4 oz roma tomatoes cored rinsed
- ☐ 4 servings salt and pepper

- ☐ 1 tablespoon sherry vinegar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ grill
- ☐ metal skewers

Directions

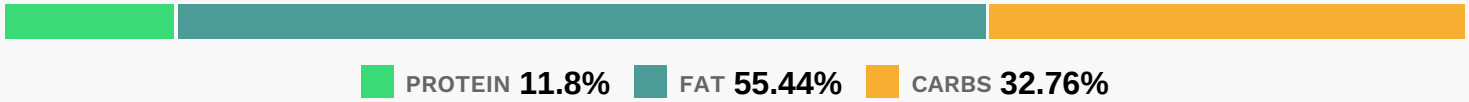
- ☐ In a bowl, soak chile in 1 cup boiling water until soft, 20 minutes.
- ☐ Drain.
- ☐ Slice tomato in half lengthwise; remove seeds.
- ☐ Drizzle about 1/2 teaspoon olive oil over cut sides; sprinkle lightly with salt and pepper.
- ☐ Place tomato halves on a baking sheet, cut sides up, and bake in a 400 oven until browned and soft, about 20 minutes.
- ☐ Pour 1 teaspoon olive oil into an 8- to 10-inch frying pan over medium heat.
- ☐ Add garlic and stir often until lightly browned, about 5 minutes.
- ☐ In a food processor or blender, combine chile, tomato, garlic, peppers, almonds, vinegar, and parsley. Whirl until well blended.
- ☐ Add salt and pepper to taste.
- ☐ Pour into a bowl.
- ☐ Rinse shrimp and pat dry. Thread onto four metal skewers (10 to 14 in.).
- ☐ Brush with olive oil; sprinkle with salt and pepper.
- ☐ Place shrimp on a barbecue grill over a solid bed of medium-hot coals or medium heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds); close lid on gas grill. Cook shrimp, turning once, until opaque but still moist-looking in center of thickest part (cut to

test), 3 to 6 minutes total.

☐

Serve with romesco sauce.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:7.1913043986196%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 63.57kcal (3.18%), Fat: 4.21g (6.47%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.03g (1.47%), Sugar: 1.61g (1.79%), Cholesterol: 0mg (0%), Sodium: 557.2mg (24.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Vitamin C: 34.85mg (42.25%), Vitamin K: 21.19µg (20.18%), Manganese: 0.28mg (14.02%), Vitamin E: 1.74mg (11.58%), Vitamin A: 564.4IU (11.29%), Vitamin B6: 0.18mg (9.18%), Copper: 0.13mg (6.54%), Fiber: 1.57g (6.26%), Magnesium: 23.75mg (5.94%), Potassium: 201.49mg (5.76%), Vitamin B2: 0.09mg (5.02%), Phosphorus: 47.94mg (4.79%), Iron: 0.74mg (4.14%), Calcium: 37.6mg (3.76%), Folate: 14.88µg (3.72%), Vitamin B3: 0.67mg (3.37%), Vitamin B1: 0.04mg (2.95%), Zinc: 0.34mg (2.26%), Selenium: 0.91µg (1.3%), Vitamin B5: 0.11mg (1.09%)