



Grilled Shrimp with Salsa Verde



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 fillet anchovy
- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoon capers rinsed chopped
- ☐ 1 cup flat leaf parsley leaves minced
- ☐ 3 clove garlic minced
- ☐ 1 juice of lemon
- ☐ 1 teaspoon kosher salt
- ☐ 1 optional: lemon cut into wedges

- ☐ 1 cup mint leaves minced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon freshly cracked pepper black
- ☐ 2 tablespoon red wine vinegar

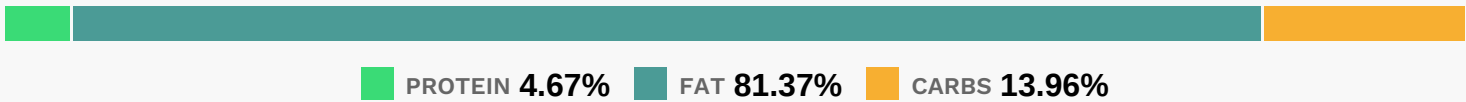
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ grill pan

Directions

- ☐ Mince the garlic, capers, and anchovies; transfer to a small bowl.
- ☐ Add ½ tsp of the salt; stir in the mint, parsley, olive oil, lemon juice and red wine vinegar. Set aside.
- ☐ Pour the canola oil onto a grill pan over. Use a paper towel to spread it evenly over all the surfaces, wiping away the excess.
- ☐ Place the grill pan over medium high heat and allow it to get very hot.Meanwhile, butterfly the shrimp by slicing down the center of each, lengthwise, almost but not completely through. De-veined will have a the lengthwise slit already. Follow this line to making the slit deeper to butterfly each one. Open both sides to lay as flat as possible. Season with the remaining ½ tsp of salt and the pepper.Grill for 1 to 2 minutes per side, depending on size, until the shrimp just turn pink and opaque.
- ☐ Place 4 shrimp on each plate and spoon some of the sauce over them.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:1.67, Inflammation Score:-10, Nutrition Score:21.713043402071%

Flavonoids

Eriodictyol: 19.22mg, Eriodictyol: 19.22mg, Eriodictyol: 19.22mg, Eriodictyol: 19.22mg Hesperetin: 19.52mg, Hesperetin: 19.52mg, Hesperetin: 19.52mg, Hesperetin: 19.52mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 65.88mg, Apigenin: 65.88mg, Apigenin: 65.88mg, Apigenin: 65.88mg Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg Kaempferol: 10.98mg, Kaempferol: 10.98mg, Kaempferol: 10.98mg, Kaempferol: 10.98mg Myricetin: 4.8mg, Myricetin: 4.8mg, Myricetin: 4.8mg, Myricetin: 4.8mg Quercetin: 14.64mg, Quercetin: 14.64mg, Quercetin: 14.64mg, Quercetin: 14.64mg

Nutrients (% of daily need)

Calories: 369.2kcal (18.46%), Fat: 35.14g (54.06%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 8.73g (3.18%), Sugar: 2.06g (2.29%), Cholesterol: 4.8mg (1.6%), Sodium: 1420.19mg (61.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin K: 516.12µg (491.54%), Vitamin C: 83.3mg (100.97%), Vitamin A: 3513.96IU (70.28%), Vitamin E: 5.57mg (37.11%), Manganese: 0.49mg (24.57%), Iron: 4.09mg (22.7%), Folate: 82.97µg (20.74%), Fiber: 4.82g (19.3%), Calcium: 138.23mg (13.82%), Potassium: 449.08mg (12.83%), Magnesium: 46.75mg (11.69%), Copper: 0.21mg (10.52%), Vitamin B3: 2.06mg (10.28%), Vitamin B6: 0.18mg (8.83%), Vitamin B2: 0.14mg (8.22%), Phosphorus: 67.26mg (6.73%), Vitamin B1: 0.08mg (5.66%), Selenium: 3.94µg (5.63%), Zinc: 0.84mg (5.6%), Vitamin B5: 0.41mg (4.06%)