



Jumbo Shrimp Wrapped with Arugula and Prosciutto

 Dairy Free

READY IN



12 min.

SERVINGS



18

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups arugula leaves trimmed
- 18 party picks
- 18 servings coarse salt and pepper black
- 2 tablespoons olive oil extra virgin
- 1 clove garlic finely chopped
- 18 grape tomatoes
- 18 jumbo shrimp frozen cooked

- 1 lemon zest juiced
- 9 slices imported prosciutto

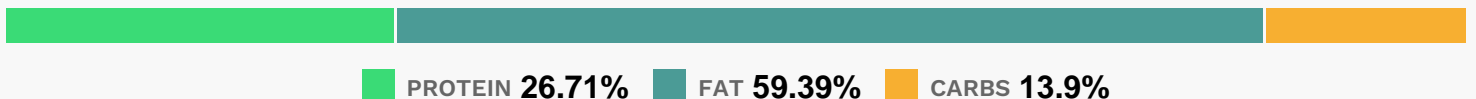
Equipment

- bowl

Directions

- Watch how to make this recipe.
- Place shrimp in shallow dish and add lemon zest and juice, garlic, salt, pepper and extra-virgin olive oil. Toss shrimp to coat evenly with dressing. Arrange the arugula in piles of 2 or 3 leaves, working with 6 piles at a time. Pile up 3 slices of prosciutto and cut in half across.
- To assemble the shrimp, place 1 shrimp on each pile of 2 or 3 arugula leaves then wrap the leaves up with the shrimp using the prosciutto. Assemble 6 pieces at a time, like an assembly line. Nest a grape tomato into the curve of the prosciutto wrapped shrimp and secure into place with a party pick.
- Arrange the shrimp appetizers on a platter and don't forget to put out a small empty bowl near the shrimp platter to collect the tails of shrimp and party picks, once guests finish the appetizers.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:2.8569565020178%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 52.93kcal (2.65%), Fat: 3.5g (5.38%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.5g (0.55%), Sugar: 0.58g (0.65%), Cholesterol: 27.88mg (9.29%), Sodium: 341.96mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Selenium: 6.83µg (9.75%), Phosphorus: 61.79mg

(6.18%), Vitamin K: 4.91µg (4.68%), Vitamin A: 232.01IU (4.64%), Vitamin E: 0.62mg (4.12%), Vitamin B12: 0.24µg (4.05%), Vitamin C: 3.15mg (3.81%), Vitamin B3: 0.68mg (3.39%), Vitamin B6: 0.06mg (3.13%), Copper: 0.05mg (2.62%), Folate: 9.74µg (2.44%), Potassium: 82.36mg (2.35%), Manganese: 0.04mg (2.21%), Magnesium: 8.4mg (2.1%), Zinc: 0.3mg (2%), Vitamin B1: 0.03mg (1.76%), Calcium: 17.64mg (1.76%), Fiber: 0.34g (1.35%), Vitamin B5: 0.12mg (1.16%), Iron: 0.2mg (1.09%)