



Marinated Shrimp Bruschetta

READY IN



45 min.

SERVINGS



36

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz baguette
- ☐ 1 tablespoon capers drained chopped
- ☐ 0.3 pound chèvre cheese fresh (goat)
- ☐ 1 clove garlic minced pressed
- ☐ 0.3 cup bell pepper green minced
- ☐ 0.3 cup green onion minced
- ☐ 2 tablespoons olive oil
- ☐ 3 oz roma tomato
- ☐ 36 servings salt

- ☐ 1 pound shrimp (shelled deveined per lb.), and
- ☐ 2 tablespoons citrus champagne vinegar

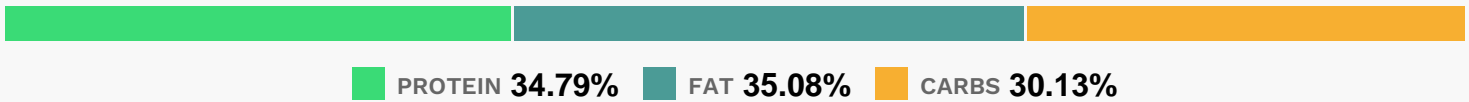
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a 4- to 5-quart pan over high heat, bring about 2 quarts water to a boil.
- ☐ Add shrimp, cover, and cook just until opaque in thickest part (cut to test), about 2 minutes.
- ☐ Drain.
- ☐ In a bowl, mix oil, vinegar, garlic, capers, and shrimp. Cover and chill, stirring occasionally, at least 30 minutes or up to 1 day.
- ☐ Trim tips from ends of baguette and cut remaining bread crosswise into 36 equal slices. Set slices on racks on a 14- by 17-inch baking sheet.
- ☐ Bake in a 425 oven until golden, 6 to 8 minutes. If making ahead, store cool slices airtight up to 4 hours.
- ☐ Seed and finely chop tomato.
- ☐ Add tomato, bell pepper, and onion to shrimp mixture. Season with salt to taste.
- ☐ Spread cheese on toast.
- ☐ Place vegetables and 1 shrimp on each piece.

Nutrition Facts



Properties

Glycemic Index:5.05, Glycemic Load:2.12, Inflammation Score:-1, Nutrition Score:1.679130419117%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 43.41kcal (2.17%), Fat: 1.69g (2.6%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 3.06g (1.11%), Sugar: 0.43g (0.48%), Cholesterol: 21.73mg (7.24%), Sodium: 265.82mg (11.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Phosphorus: 42.26mg (4.23%), Copper: 0.08mg (4.2%), Vitamin B1: 0.04mg (2.73%), Vitamin K: 2.47µg (2.35%), Manganese: 0.04mg (2.2%), Iron: 0.38mg (2.1%), Calcium: 20.35mg (2.03%), Folate: 8.07µg (2.02%), Vitamin B2: 0.03mg (1.99%), Magnesium: 7.19mg (1.8%), Zinc: 0.26mg (1.72%), Selenium: 1.19µg (1.7%), Vitamin B3: 0.32mg (1.62%), Vitamin C: 1.33mg (1.61%), Potassium: 52.02mg (1.49%), Vitamin A: 63.28IU (1.27%), Vitamin E: 0.16mg (1.06%), Vitamin B6: 0.02mg (1.01%)