



Pancetta Wrapped Shrimp with Chipotle Vinaigrette and Cilantro Oil

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chipotle pepper canned
- ☐ 1 cup canola oil
- ☐ 1 tablespoon adobo sauce from chipotle peppers canned
- ☐ 1 bunch cilantro leaves rinsed
- ☐ 1 clove garlic
- ☐ 1 teaspoon honey
- ☐ 0.3 cup juice of lemon fresh

- ☐ 4 teaspoons juice of lime fresh
- ☐ 2 pounds pancetta thinly sliced
- ☐ 0.5 cup rice vinegar
- ☐ 8 servings salt to taste
- ☐ 3 pounds shrimp deveined peeled (16-20)

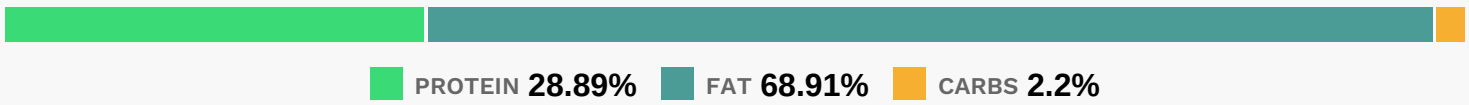
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ blender
- ☐ grill

Directions

- ☐ Prepare cilantro oil by pureeing cilantro, canola oil, honey, lime juice, and salt to taste until smooth; pour into a bowl or bottle, and set aside.
- ☐ Prepare the chipotle vinaigrette by pureeing the chipotle pepper, adobo sauce, lemon juice, rice vinegar, and garlic in a blender until smooth. With the blender running, slowly pour in the canola oil, and puree until creamy. Season to taste with salt, and set aside.
- ☐ Preheat a grill for medium heat.
- ☐ Cut the pancetta slices in half. Wrap a half slice of pancetta around each shrimp to cover. Grill until the pancetta has crisped, and the shrimp has turned opaque, 2 to 3 minutes per side.
- ☐ Drain on paper towels.
- ☐ To serve, arrange cooked shrimp on a warmed serving platter or individual plates, and drizzle with chipotle vinaigrette and cilantro oil.

Nutrition Facts



Properties

Glycemic Index:20.53, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:13.895217506782%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 678.08kcal (33.9%), Fat: 51.5g (79.23%), Saturated Fat: 15.67g (97.91%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.26g (1.18%), Sugar: 1.22g (1.36%), Cholesterol: 348.7mg (116.23%), Sodium: 1147.94mg (49.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.59g (97.17%), Phosphorus: 529.99mg (53%), Copper: 0.72mg (35.97%), Selenium: 22.95µg (32.79%), Zinc: 3.64mg (24.24%), Vitamin B3: 4.59mg (22.93%), Vitamin B1: 0.32mg (21.12%), Potassium: 691.89mg (19.77%), Magnesium: 74.33mg (18.58%), Vitamin B6: 0.31mg (15.62%), Calcium: 117.82mg (11.78%), Vitamin E: 1.51mg (10.07%), Vitamin B12: 0.57µg (9.45%), Iron: 1.48mg (8.23%), Vitamin K: 7.11µg (6.78%), Vitamin B5: 0.65mg (6.51%), Vitamin B2: 0.1mg (5.63%), Vitamin C: 4.09mg (4.96%), Manganese: 0.09mg (4.52%), Vitamin D: 0.45µg (3.02%), Vitamin A: 111.37IU (2.23%), Fiber: 0.45g (1.78%)