



Peachy Shrimp Crostini

READY IN



45 min.

SERVINGS



30

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

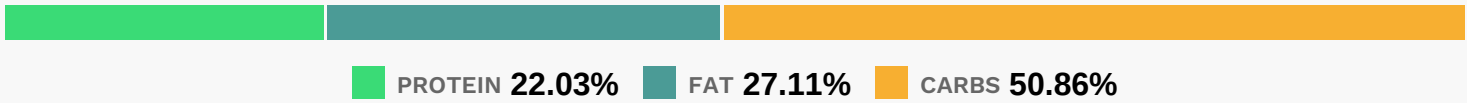
- ☐ 30 slices bread french toasted
- ☐ 30 servings goat cheese softened
- ☐ 0.5 cup ginger-peach chutney
- ☐ 30 perfect poached shrimp peeled

Equipment

Directions

Spread toasted French bread slices with softened goat cheese. Top each with 1 tsp. Ginger-Peach Chutney and 1 peeled Perfect Poached Shrimp.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:25.69, Inflammation Score:-5, Nutrition Score:10.561304382656%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 262.86kcal (13.14%), Fat: 7.93g (12.2%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 32.03g (11.65%), Sugar: 3.44g (3.82%), Cholesterol: 29.9mg (9.97%), Sodium: 507.91mg (22.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.5g (29%), Vitamin B1: 0.48mg (31.73%), Selenium: 19.2µg (27.43%), Vitamin B2: 0.39mg (22.83%), Folate: 82.47µg (20.62%), Manganese: 0.37mg (18.51%), Copper: 0.36mg (17.9%), Iron: 3.13mg (17.41%), Phosphorus: 165.96mg (16.6%), Vitamin B3: 3.23mg (16.17%), Calcium: 81.78mg (8.18%), Magnesium: 28.99mg (7.25%), Zinc: 1.08mg (7.21%), Vitamin B6: 0.14mg (7.21%), Vitamin A: 318.27IU (6.37%), Fiber: 1.45g (5.79%), Vitamin B5: 0.42mg (4.22%), Potassium: 112.21mg (3.21%), Vitamin E: 0.21mg (1.38%), Vitamin K: 1.07µg (1.01%)