



Potted shrimps & watercress on toast

 Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

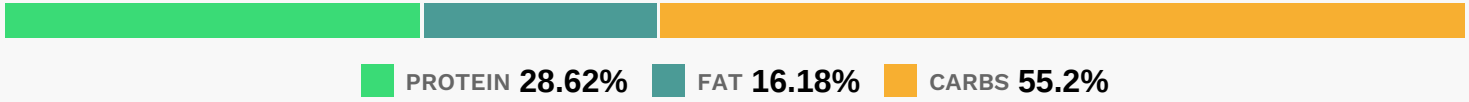
- ☐ 2 slices buttered toast
- ☐ 55 g shrimp
- ☐ 0.5 juice of lemon
- ☐ 6 servings ground pepper
- ☐ 1 sprigs lemon wedges

Equipment

Directions

- ☐ Spread the toast slices with the potted shrimps.
- ☐ Add a squeeze of lemon and a sprinkling of cayenne.
- ☐ Cut into fingers, add a sprig of watercress to each one and serve straight away with lemon wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:2.8204347570629%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 36.24kcal (1.81%), Fat: 0.69g (1.06%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.57g (1.66%), Sugar: 0.62g (0.69%), Cholesterol: 14.83mg (4.94%), Sodium: 54.95mg (2.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Vitamin A: 832.39IU (16.65%), Vitamin E: 0.62mg (4.12%), Manganese: 0.07mg (3.71%), Selenium: 2.45µg (3.5%), Phosphorus: 33.26mg (3.33%), Vitamin C: 2.58mg (3.13%), Fiber: 0.74g (2.96%), Vitamin B6: 0.05mg (2.75%), Copper: 0.05mg (2.69%), Folate: 10.27µg (2.57%), Vitamin B2: 0.04mg (2.56%), Vitamin B1: 0.04mg (2.51%), Iron: 0.45mg (2.5%), Vitamin B3: 0.46mg (2.32%), Potassium: 76.89mg (2.2%), Magnesium: 8.32mg (2.08%), Calcium: 17.75mg (1.77%), Vitamin K: 1.86µg (1.77%), Zinc: 0.22mg (1.49%)