



Prosciutto Wrapped Chile Shrimp with Green Onions

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 fresno chile red finely chopped
- 3 tablespoons evoo
- 0.5 juice of lemon
- 16 jumbo shrimp deveined
- 4 servings kosher salt and pepper black freshly ground
- 16 slices pancetta thin
- 4 scallions white green thinly sliced finely chopped

Equipment

- bowl
- grill
- skewers
- grill pan

Directions

- Heat a grill or grill pan to medium.
- Combine the EVOO, scallion whites, chile and lemon juice in a medium bowl and season with salt and pepper.
- Add the shrimp and toss to coat. Wrap each shrimp with a slice of prosciutto and thread onto a skewer.
- Grill the shrimp until firm and opaque, about 3 minutes per side.
- Transfer to a serving platter and garnish with the scallion greens and another squeeze of lemon juice.

Nutrition Facts

 **PROTEIN 18.45%**  **FAT 78.93%**  **CARBS 2.62%**

Properties

Glycemic Index:24, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:6.1373913236286%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 265.97kcal (13.3%), Fat: 23.48g (36.13%), Saturated Fat: 5.76g (35.99%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.4g (0.45%), Cholesterol: 85.52mg (28.51%), Sodium: 261.7mg (11.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.7%), Vitamin K: 31.53µg (30.02%), Phosphorus:

137.31mg (13.73%), Vitamin E: 1.8mg (11.98%), Selenium: 6.53µg (9.34%), Copper: 0.18mg (9.13%), Vitamin B3: 1.38mg (6.88%), Zinc: 0.97mg (6.46%), Vitamin B1: 0.1mg (6.45%), Potassium: 212.41mg (6.07%), Magnesium: 21.02mg (5.25%), Vitamin B6: 0.1mg (5.03%), Vitamin C: 3.9mg (4.73%), Vitamin A: 236.28IU (4.73%), Calcium: 36.98mg (3.7%), Iron: 0.61mg (3.38%), Manganese: 0.05mg (2.71%), Vitamin B12: 0.16µg (2.67%), Vitamin B2: 0.04mg (2.27%), Folate: 8.71µg (2.18%), Vitamin B5: 0.19mg (1.93%), Fiber: 0.42g (1.67%)