



HEALTH SCORE

54%

Prosciutto-Wrapped Shrimp on Artichoke, Fennel, and Tomato Salad



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 64 ounces artichokes
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons butter
- ☐ 1 tablespoon capers
- ☐ 1 cup cherry tomatoes halved
- ☐ 1.5 teaspoons dijon mustard
- ☐ 1 tablespoon olive oil extravirgin

- ☐ 1 cup fennel bulb thinly sliced
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon hot sauce (such as Tabasco)
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon paprika
- ☐ 3 ounces pancetta very thin
- ☐ 0.5 cup bottled roasted bell peppers red thinly sliced
- ☐ 0.3 teaspoon sugar
- ☐ 4 cups water
- ☐ 1 teaspoon worcestershire sauce

Equipment

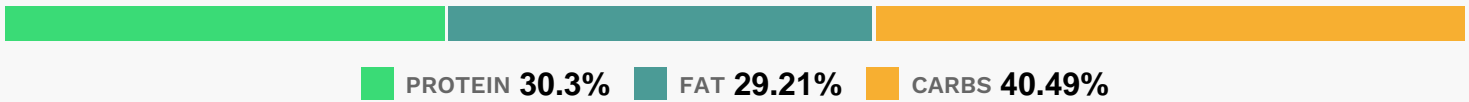
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ dutch oven
- ☐ broiler pan

Directions

- ☐ To prepare dressing, combine first 8 ingredients, stirring with a whisk; set aside.

- ☐ To prepare salad, combine water and 1/3 cup lemon juice in a Dutch oven.
- ☐ Cut off stem of each artichoke to within 1/2 inch of base; peel stem.
- ☐ Cut 1 inch off tops of artichokes.
- ☐ Remove bottom leaves and tough outer leaves, leaving tender heart and bottom.
- ☐ Cut artichokes lengthwise into quarters; place in lemon water. Bring to a boil, reduce heat, and simmer 20 minutes or until tender.
- ☐ Drain and plunge into cold water.
- ☐ Drain well.
- ☐ Remove fuzzy thistles from bottoms with a spoon.
- ☐ Combine artichokes, fennel, and next 4 ingredients (fennel through capers) in a large bowl.
- ☐ Drizzle dressing over salad; toss gently to coat. Set aside.
- ☐ To prepare shrimp, melt butter in a small saucepan over low heat.
- ☐ Add 2 garlic cloves; cook 1 minute, stirring frequently.
- ☐ Add rind and next 4 ingredients (rind through hot sauce), stirring with a whisk.
- ☐ Preheat broiler.
- ☐ Cut prosciutto slices lengthwise into 1/2-inch strips. Wrap prosciutto strips around shrimp. Arrange shrimp on a broiler pan coated with cooking spray.
- ☐ Brush shrimp with half of butter mixture; broil 3 minutes.
- ☐ Remove pan from oven. Turn shrimp; brush with remaining butter mixture. Broil an additional 3 minutes or until shrimp are done.
- ☐ Arrange 1 1/2 cups salad on each of 4 plates. Top each serving with about 4 ounces prosciutto-wrapped shrimp.

Nutrition Facts



Properties

Glycemic Index:101.52, Glycemic Load:8.25, Inflammation Score:-10, Nutrition Score:44.206086954345%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg Naringenin: 57.05mg, Naringenin: 57.05mg, Naringenin: 57.05mg, Naringenin: 57.05mg Apigenin: 33.93mg, Apigenin: 33.93mg, Apigenin: 33.93mg, Apigenin: 33.93mg Luteolin: 10.44mg, Luteolin: 10.44mg, Luteolin: 10.44mg, Luteolin: 10.44mg Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 498.82kcal (24.94%), Fat: 17.82g (27.42%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 55.59g (18.53%), Net Carbohydrates: 29.41g (10.7%), Sugar: 7.49g (8.32%), Cholesterol: 207.89mg (69.3%), Sodium: 1112.56mg (48.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.61g (83.21%), Fiber: 26.18g (104.72%), Vitamin C: 84.95mg (102.97%), Vitamin K: 89.57µg (85.3%), Magnesium: 331.64mg (82.91%), Folate: 329.12µg (82.28%), Copper: 1.64mg (81.77%), Phosphorus: 718.95mg (71.9%), Manganese: 1.39mg (69.39%), Potassium: 2288.39mg (65.38%), Iron: 7.41mg (41.16%), Vitamin B6: 0.71mg (35.5%), Calcium: 317.07mg (31.71%), Vitamin B3: 6.18mg (30.88%), Zinc: 4.24mg (28.29%), Vitamin B1: 0.42mg (28.28%), Vitamin B2: 0.36mg (21.13%), Vitamin B5: 1.84mg (18.35%), Vitamin A: 809.55IU (16.19%), Vitamin E: 2.14mg (14.28%), Selenium: 6.68µg (9.55%), Vitamin B12: 0.12µg (1.92%)