



Red Pepper Rouille and Shrimp Toasts

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



86 kcal

Ingredients

- ☐ 6 inch x diagonal sourdough baguette
- ☐ 12 servings capers drained
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 garlic cloves
- ☐ 0.5 cup mayonnaise
- ☐ 2 teaspoons red wine vinegar
- ☐ 0.5 cup roasted bell pepper from jar diced red dry drained
- ☐ 0.1 teaspoon saffron threads crumbled
- ☐ 24 large shrimp deveined uncooked peeled

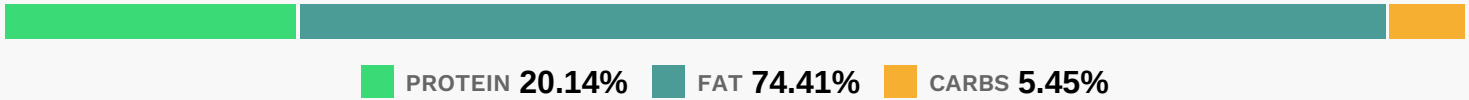
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425°F. Finely chop garlic cloves with cayenne pepper and saffron in mini processor.
- ☐ Add roasted red pepper and vinegar to processor; blend until almost smooth. Blend in mayonnaise. Season rouille to taste with salt and pepper.
- ☐ Transfer 1/3 cup rouille to medium bowl.
- ☐ Add shrimp and toss to coat. Arrange sourdough baguette slices on baking sheet.
- ☐ Spread each slice with rouille.
- ☐ Bake until bottoms of toasts are crisp and rouille is darker in color, about 10 minutes.
- ☐ Heat large nonstick skillet over medium-high heat.
- ☐ Add shrimp, spreading in single layer. Cook until just browned and opaque in center, about 2 minutes per side. Arrange toasts on plate.
- ☐ Place 2 shrimp on each toast; sprinkle toasts with capers.

Nutrition Facts



Properties

Glycemic Index:21.15, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:2.1339130359499%

Flavonoids

Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 86.31kcal (4.32%), Fat: 7.16g (11.02%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1g (0.36%), Sugar: 0.13g (0.14%), Cholesterol: 36.12mg (12.04%), Sodium: 226.32mg (9.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin K: 15.79µg (15.03%), Copper: 0.1mg (4.92%), Phosphorus: 48.29mg (4.83%), Vitamin C: 2.99mg (3.63%), Vitamin E: 0.34mg (2.27%), Magnesium: 8.95mg (2.24%), Zinc: 0.32mg (2.11%), Potassium: 68.75mg (1.96%), Calcium: 19.09mg (1.91%), Manganese: 0.03mg (1.7%), Iron: 0.26mg (1.46%), Vitamin A: 56.55IU (1.13%), Vitamin B6: 0.02mg (1.01%)