



Roasted Shrimp with Romesco Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 servings pepper black freshly ground
- 2 ounces top
- 2 medium garlic clove peeled
- 10 servings kosher salt
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 7.3 ounce roasted peppers red drained (1 cup)
- 1.5 pounds shrimp deveined uncooked peeled (48)

- 0.5 teaspoon paprika smoked
- 0.5 medium tomatoes
- 0.3 cup almonds raw whole

Equipment

- food processor
- bowl
- baking sheet
- paper towels
- oven
- blender

Directions

- Heat the oven to 450°F and arrange a rack in the middle. Arrange the tomato, garlic, bread, and almonds on a rimmed baking sheet and roast until the bread and almonds are lightly toasted, about 5 to 7 minutes.
- Transfer the roasted ingredients to a food processor or blender and pulse to coarsely chop. (Wipe off the baking sheet with a paper towel and set it aside to cool.)
- Add the roasted red peppers, vinegar, olive oil, salt, and paprika and pulse again until well combined and relatively smooth.
- Combine the shrimp and oil in a large bowl, season with salt and pepper, and toss until evenly coated.
- Place the shrimp on the cooled baking sheet in an even layer and roast until opaque and cooked through, about 6 to 8 minutes.
- Serve the roasted shrimp with the sauce. Beverage pairing: Can Ràfols dels Caus “Gran Caus” Blanco Penedès, Spain. Romesco is a Catalan sauce, so why not keep the wine regional with a blend of white grapes from the area? These grapes are predominantly used in the production of cava, Spanish sparkling wine, but this Gran Caus is a still white, and its heft will be able to support the concentrated, dense romesco. But its light acid and notes of mineral, melon, and citrus make it a great match with the shrimp, too.

Nutrition Facts



■ PROTEIN 33.95% ■ FAT 48.31% ■ CARBS 17.74%

Properties

Glycemic Index:20.55, Glycemic Load:2.43, Inflammation Score:-4, Nutrition Score:8.3534782217897%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 128.36kcal (6.42%), Fat: 6.9g (10.62%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 4.73g (1.72%), Sugar: 0.6g (0.66%), Cholesterol: 85.73mg (28.58%), Sodium: 895.26mg (38.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.83%), Selenium: 22.07µg (31.52%), Phosphorus: 196.38mg (19.64%), Vitamin E: 2.49mg (16.63%), Vitamin C: 10.6mg (12.85%), Vitamin B12: 0.76µg (12.59%), Copper: 0.2mg (10.2%), Manganese: 0.2mg (9.86%), Vitamin B3: 1.78mg (8.89%), Vitamin B6: 0.17mg (8.59%), Magnesium: 30mg (7.5%), Vitamin A: 330.47IU (6.61%), Folate: 25.77µg (6.44%), Calcium: 60.45mg (6.04%), Zinc: 0.89mg (5.95%), Vitamin B2: 0.08mg (4.98%), Vitamin B1: 0.07mg (4.68%), Potassium: 161.57mg (4.62%), Iron: 0.76mg (4.21%), Fiber: 0.96g (3.86%), Vitamin K: 3.51µg (3.35%), Vitamin B5: 0.27mg (2.67%)