



Saffron Shrimp and Stuffed Cherry Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

Ingredients

- ☐ 2 fillet anchovy minced
- ☐ 16 mildly cherry peppers red italian hot
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 0.5 cup corn kernels fresh
- ☐ 2 small garlic cloves minced
- ☐ 0.3 cup heavy cream

- ☐ 4 servings kosher salt
- ☐ 3 tablespoons manchego cheese grated
- ☐ 0.3 cup milk
- ☐ 2.5 tablespoons olive oil extra-virgin
- ☐ 4 servings pepper freshly ground
- ☐ 1 pinch of saffron threads
- ☐ 1 pound shrimp shelled deveined
- ☐ 0.5 cup water

Equipment

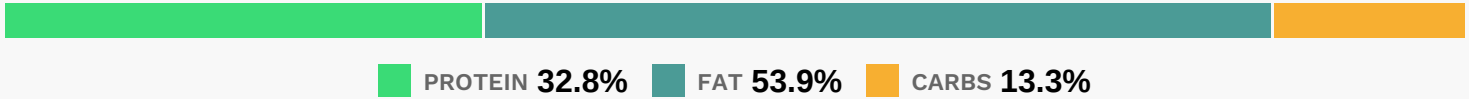
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ MAKE THE SAFFRON SHRIMP: In a large saucepan, combine the wine, water and olive oil. Crumble in the saffron, add a pinch of salt and bring to a boil.
- ☐ Add the shrimp and simmer over moderate heat for 2 minutes.
- ☐ Transfer the shrimp to a shallow baking dish and let cool. Simmer the cooking liquid until reduced to 3/4 cup, about 12 minutes; let cool slightly. Stir in the anchovies and garlic and season with salt and pepper.
- ☐ Pour the cooking liquid over the shrimp and refrigerate for 2 to 3 hours.
- ☐ MAKE THE STUFFED PEPPERS: Preheat the oven to 35
- ☐ Cut the tops off the cherry peppers and reserve; remove the seeds and membranes. Salt the insides of the peppers and turn upside down to drain for 10 minutes.
- ☐ In a small saucepan, boil the corn kernels in water until almost tender, about 3 minutes; drain. In a bowl, whisk the whole egg with the yolk and 1/2 teaspoon of salt.

- ☐ Whisk in the cream and milk, then whisk in the grated cheese.
- ☐ On a baking sheet, add a teaspoon of the corn to each pepper, then fill with the custard.
- ☐ Bake for 30 minutes, or until set.
- ☐ Serve warm with the shrimp.
- ☐ Serve with Manchego cheese, green olives, Serrano ham and bread.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:10.179130450539%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 387.93kcal (19.4%), Fat: 21.81g (33.56%), Saturated Fat: 8.68g (54.28%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 8.69g (3.16%), Sugar: 2.68g (2.97%), Cholesterol: 306.68mg (102.23%), Sodium: 1468.9mg (63.87%), Alcohol: 3.09g (100%), Alcohol %: 1.13% (100%), Protein: 29.87g (59.73%), Phosphorus: 335.52mg (33.55%), Calcium: 242.57mg (24.26%), Copper: 0.48mg (24.17%), Magnesium: 55.68mg (13.92%), Zinc: 2.05mg (13.68%), Fiber: 3.42g (13.67%), Potassium: 443.84mg (12.68%), Selenium: 8.04µg (11.49%), Vitamin E: 1.67mg (11.14%), Vitamin A: 468.79IU (9.38%), Vitamin B2: 0.15mg (8.83%), Manganese: 0.15mg (7.6%), Iron: 1.27mg (7.04%), Vitamin K: 6.22µg (5.93%), Vitamin D: 0.89µg (5.9%), Vitamin B5: 0.58mg (5.8%), Vitamin B6: 0.1mg (5.22%), Folate: 20.84µg (5.21%), Vitamin B12: 0.31µg (5.21%), Vitamin B1: 0.06mg (3.85%), Vitamin B3: 0.68mg (3.41%), Vitamin C: 1.8mg (2.18%)