



Salt-Roasted Shrimp with Scampi Dip

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter diced chilled (1 stick)
- ☐ 0.3 cup wine dry white
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon parsley fresh italian chopped
- ☐ 4 pound rock salt
- ☐ 16 large shrimp uncooked unpeeled

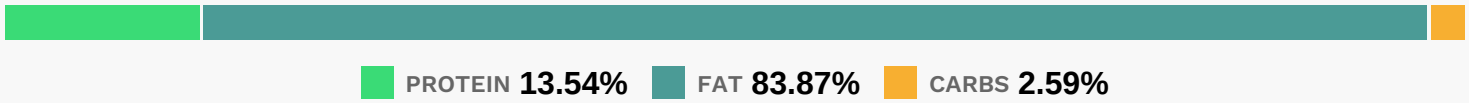
Equipment

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

Directions

- ☐ Spread salt in 13x9x2-inch baking dish. Arrange shrimp in single layer atop salt.
- ☐ Preheat oven to 500°F. Boil wine, lemon juice, and garlic in saucepan over medium-high heat until liquid is reduced to 1 tablespoon, about 10 minutes.
- ☐ Remove from heat.
- ☐ Add a few pieces of butter; whisk until creamy. Return pan to low heat.
- ☐ Add a few more pieces of butter; whisk until smooth (do not let mixture boil). Continue whisking in butter, a few pieces at a time. Stir in parsley; season with salt and pepper.
- ☐ Let stand while shrimp cook.
- ☐ Roast shrimp on salt until just opaque in center and shells are pink, 6 to 7 minutes.
- ☐ Transfer sauce to bowl; nestle in salt.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:3.1582608579294%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 129.05kcal (6.45%), Fat: 11.62g (17.88%), Saturated Fat: 7.32g (45.72%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.21g (0.23%), Cholesterol: 62.7mg (20.9%), Sodium: 88017.63mg (3826.85%), Alcohol: 1.03g (100%), Alcohol %: 0.47% (100%), Protein: 4.22g (8.45%), Manganese: 0.26mg (12.94%), Vitamin K: 9.25µg (8.81%), Vitamin A: 396.96IU (7.94%), Copper: 0.15mg (7.51%), Calcium: 73.81mg (7.38%), Iron: 0.93mg (5.16%), Phosphorus: 49.74mg (4.97%), Zinc: 0.54mg (3.57%), Vitamin C: 2.35mg (2.85%), Magnesium: 11.21mg (2.8%), Potassium: 91.09mg (2.6%), Vitamin E: 0.34mg (2.26%)