



HEALTH SCORE

77%

Sautéed Shrimp and Hazelnut Romesco



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons breadcrumbs fine
- ☐ 8 pepper flakes
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup parsley fresh finely chopped for garnish
- ☐ 2 cloves garlic coarsely chopped
- ☐ 0.5 cup hazelnuts raw
- ☐ 0.8 cup olive oil extra virgin extra-virgin
- ☐ 2 large bell pepper red

- ☐ 2 tablespoons sherry vinegar
- ☐ 16 extra large shrimp shelled deveined rinsed
- ☐ 1 medium tomatoes peeled seeded

Equipment

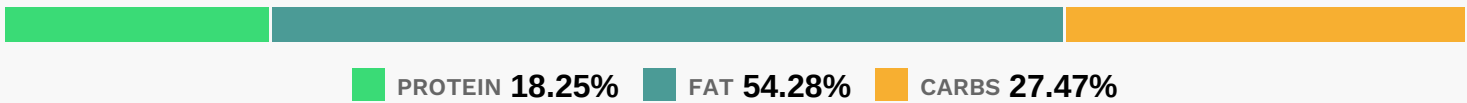
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ stove
- ☐ tongs

Directions

- ☐ Snap the stems from the Nyora peppers. Shake out and discard the seeds.
- ☐ Put the Nyoras in a heatproof bowl and cover with 2 cups boiling water. Set a small plate on top to keep the peppers submerged and let sit until softened, about 20 minutes. Discard the soaking liquid. Set the peppers aside.
- ☐ Roast the red bell peppers: On the stovetop, hold the peppers with tongs over an open burner, turning them until they're blackened uniformly, about 3 to 5 minutes. (Alternatively, put the peppers on a baking sheet and roast in the oven at 450°F until the skins become brown and loosen, about 30 minutes.)
- ☐ Transfer to a bowl and cover tightly with plastic wrap for 15 minutes, allowing them to steam and cool slightly. Peel the skins from the peppers, remove the seeds, and set the peppers aside.
- ☐ Heat 2 tablespoons of the olive oil in a small skillet over medium heat, then add the hazelnuts and cook, shaking the pan a few times, until lightly browned, about 4 minutes.
- ☐ Drain the hazelnuts and let cool slightly.
- ☐ Remove as much paper coating on the nuts as possible. Discard the oil.

- ☐ Combine the Nyoras, roasted red bell peppers, hazelnuts, breadcrumbs, garlic, tomatoes, sherry vinegar, and 1/2 cup olive oil in the bowl of a food processor. Season generously with salt and pepper and pulse until completely puréed.
- ☐ Transfer to a small plastic container, cover, and refrigerate until needed. The romesco can be made a day ahead and kept covered in the refrigerator.
- ☐ Heat the remaining 1/4 cup olive oil in a large straight-sided skillet over high heat.
- ☐ Add the shrimp, season with salt and pepper, and cook until the shrimp turn pink and become firm, about 1 to 2 minutes per side.
- ☐ Warm the cold romesco sauce.
- ☐ Transfer the shrimp to a serving platter and serve the romesco sauce on the side.
- ☐ Garnish with the chopped parsley and serve immediately
- ☐ Reprinted with permission from Harvest to
- ☐ Heat: Cooking with America's Chefs, Farmers, and Artisans by Darryl Estrine and Kelly Kochendorfer, © 2010 The Taunton Press.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:4.65, Inflammation Score:-10, Nutrition Score:27.514347647843%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 287.67kcal (14.38%), Fat: 18.43g (28.36%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 15.69g (5.71%), Sugar: 10.03g (11.15%), Cholesterol: 64.4mg (21.47%), Sodium: 100.25mg (4.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.89%), Vitamin C: 244.94mg (296.9%), Vitamin K: 88.07µg (83.88%), Vitamin A: 3999.95IU (80%), Manganese: 1.33mg (66.39%), Vitamin B6: 0.83mg (41.57%), Vitamin E: 5.53mg (36.89%), Copper: 0.59mg (29.37%), Folate: 91.09µg (22.77%), Potassium: 784.22mg (22.41%), Fiber: 5.3g (21.21%), Phosphorus: 209.98mg (21%), Magnesium: 77.24mg (19.31%), Vitamin B1: 0.27mg (18.11%), Iron: 2.86mg (15.91%), Vitamin B3: 2.77mg (13.84%), Vitamin B2: 0.2mg (11.5%), Zinc: 1.53mg (10.19%), Calcium: 82.13mg (8.21%), Vitamin B5: 0.66mg (6.59%), Selenium: 2.37µg (3.39%)