



Shrimp and Bread Bowls and Olive-Pesto Dressed Tomatoes

READY IN



31 min.

SERVINGS



4

CALORIES



908 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 teaspoons anchovy paste
- 1 loaf chewy bread
- 2 tablespoons butter cold
- 3 tablespoons capers
- 1 cup chicken stock see
- 0.5 cup cooking wine dry white
- 1 handful a flat-leaf parsley fresh generous chopped
- 6 cloves garlic grated chopped

- 1 juice of lemon juiced
- 0.5 cup olive oil extra-virgin divided
- 0.3 cup olive tapenade store-bought
- 0.3 cup pesto store-bought
- 6 plum tomatoes sliced
- 1 small onion red thinly sliced
- 1 teaspoon pepper flakes red crushed
- 4 servings salt and pepper black freshly ground
- 2 pounds shrimp peeled

Equipment

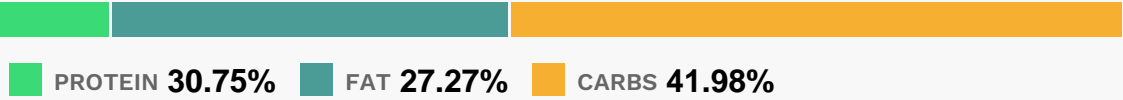
- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F.
- Arrange bread on a baking sheet and toast until crusty all over, 10 minutes.
- Heat about 1/4 cup extra-virgin olive oil in a large skillet over medium-high to high heat.
- Add anchovy paste and stir. Then add the shrimp and cook 1 to 2 minutes.
- Add garlic, red pepper flakes, salt and pepper and capers, cook for another 3 to 4 minutes more.
- Add wine and reduce a minute.
- Add stock and heat through. Then add the lemon juice, butter and parsley and stir, cooking for another minute.
- Place bread into bowls and drizzle with remaining extra-virgin olive oil then top with shrimp and pan juices.
- Place a bowl out to collect tails.

- Combine the tapenade and pesto and pour over arranged slices of tomatoes and red onions.
- Serve with shrimp bread bowls.

Nutrition Facts



Properties

Glycemic Index:70.67, Glycemic Load:45.46, Inflammation Score:-9, Nutrition Score:38.747390890899%

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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 8.17mg, Kaempferol: 8.17mg, Kaempferol: 8.17mg, Kaempferol: 8.17mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 16.6mg, Quercetin: 16.6mg, Quercetin: 16.6mg, Quercetin: 16.6mg

Nutrients (% of daily need)

Calories: 908.48kcal (45.42%), Fat: 27.07g (41.64%), Saturated Fat: 7.08g (44.26%), Carbohydrates: 93.75g (31.25%), Net Carbohydrates: 84.58g (30.76%), Sugar: 15.39g (17.1%), Cholesterol: 385.78mg (128.59%), Sodium: 1642.94mg (71.43%), Alcohol: 3.09g (100%), Alcohol %: 0.56% (100%), Protein: 68.66g (137.32%), Manganese: 2.38mg (119.23%), Phosphorus: 776.1mg (77.61%), Selenium: 53.39µg (76.27%), Copper: 1.29mg (64.63%), Vitamin B3: 11.82mg (59.09%), Vitamin B1: 0.79mg (52.34%), Iron: 8.42mg (46.76%), Magnesium: 174.64mg (43.66%), Folate: 172.27µg (43.07%), Calcium: 425.89mg (42.59%), Vitamin K: 38.78µg (36.93%), Fiber: 9.17g (36.69%), Potassium: 1246.14mg (35.6%), Zinc: 5.32mg (35.47%), Vitamin B2: 0.54mg (31.91%), Vitamin A: 1511.22IU (30.22%), Vitamin C: 21.13mg (25.62%), Vitamin B6: 0.43mg (21.31%), Vitamin B5: 1.61mg (16.07%), Vitamin E: 2.16mg (14.37%)