



Shrimp Bruschetta

 Dairy Free

READY IN



13 min.

SERVINGS



10

CALORIES



353 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon brown sugar dark packed
- ☐ 16 slices bread french
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoons olive oil plus more for brushing
- ☐ 1.5 tablespoons rice vinegar
- ☐ 10 servings salt and pepper

- ☐ 1 pound shrimp whole deveined cooked peeled chopped for garnish, optional (reserve 16)
- ☐ 1 cup tomatoes cored chopped

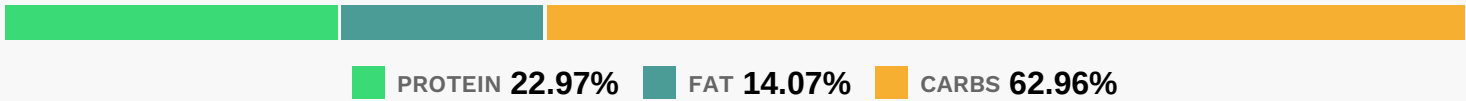
Equipment

- ☐ grill

Directions

- ☐ Mix shrimp, tomatoes, ketchup, brown sugar, garlic and parsley.
- ☐ Add oil and vinegar. Season with salt and pepper. Keep covered and chilled.
- ☐ Prepare grill and set rack 6 inches from heat. Lightly brush one side of each piece of bread with oil. Grill bread, oiled side up, for 1 minute. Turn and grill other side until lightly browned, 1 to 2 minutes.
- ☐ Spoon a heaping tablespoon of shrimp mixture on top of oiled side of each bread slice.
- ☐ Garnish with whole shrimp, if desired.

Nutrition Facts



Properties

Glycemic Index:23.05, Glycemic Load:41.15, Inflammation Score:-6, Nutrition Score:15.167391175809%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 353.13kcal (17.66%), Fat: 5.55g (8.53%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 55.85g (18.62%), Net Carbohydrates: 53.39g (19.41%), Sugar: 6.93g (7.7%), Cholesterol: 73.03mg (24.34%), Sodium: 892.89mg (38.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.37g (40.74%), Vitamin B1: 0.73mg (48.92%), Selenium: 29.38µg (41.97%), Folate: 129.09µg (32.27%), Manganese: 0.58mg (28.99%), Vitamin B2: 0.45mg (26.22%), Vitamin B3: 5.08mg (25.38%), Iron: 4.35mg (24.15%), Phosphorus: 209.78mg (20.98%), Copper: 0.35mg (17.33%), Magnesium: 51.08mg (12.77%), Zinc: 1.71mg (11.41%), Fiber: 2.46g (9.84%), Vitamin K: 10.23µg (9.75%),

Calcium: 86.6mg (8.66%), Potassium: 288.43mg (8.24%), Vitamin B6: 0.13mg (6.54%), Vitamin E: 0.75mg (4.97%),
Vitamin B5: 0.36mg (3.62%), Vitamin A: 173.23IU (3.46%), Vitamin C: 2.79mg (3.38%)