



Shrimp Bruschetta al Limoncello

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



415 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 24 slices baguette
- ☐ 8 servings pepper black freshly ground
- ☐ 4 garlic cloves thinly sliced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 8 servings lemon zest fresh italian chopped
- ☐ 1 cup limoncello (lemon liqueur)
- ☐ 0.5 cup olive oil extra-virgin divided
- ☐ 8 servings salt

- ☐ 2 shallots finely chopped
- ☐ 24 large shrimp deveined peeled

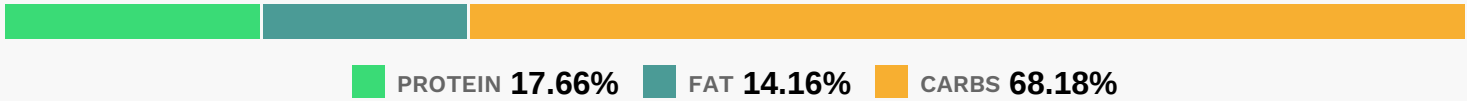
Equipment

- ☐ frying pan
- ☐ grill
- ☐ slotted spoon

Directions

- ☐ Brush baguette slices with 2 tablespoons olive oil. Grill or toast bread slices until golden; arrange on a platter. Set aside.
- ☐ Saut garlic and shallots in remaining 6 tablespoons hot olive oil in a large skillet over medium-high heat 1 minute or until light golden brown.
- ☐ Add shrimp, and saut 2 to 3 minutes or until shrimp turn bright pink. Turn shrimp, and cook 1 additional minute.
- ☐ Remove shrimp with a slotted spoon.
- ☐ Add lemon juice and limoncello to skillet; cook over high heat until mixture is reduced by two-thirds, about 2 minutes. Return shrimp to mixture, stirring until shrimp are coated.
- ☐ Remove from heat; add salt and pepper to taste.
- ☐ Spoon 1 shrimp with sauce onto each toast.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:24.47, Glycemic Load:32.13, Inflammation Score:-6, Nutrition Score:15.529565085535%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin:

0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 415.29kcal (20.76%), Fat: 5.54g (8.52%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 60.01g (20%), Net Carbohydrates: 57.58g (20.94%), Sugar: 16.58g (18.42%), Cholesterol: 48.3mg (16.1%), Sodium: 826.17mg (35.92%), Alcohol: 9.47g (100%), Alcohol %: 6.35% (100%), Protein: 15.55g (31.1%), Vitamin K: 70.34µg (66.99%), Vitamin B1: 0.57mg (38.06%), Folate: 112.51µg (28.13%), Manganese: 0.52mg (25.96%), Selenium: 16.82µg (24.02%), Vitamin B3: 4.44mg (22.21%), Iron: 3.85mg (21.38%), Vitamin B2: 0.32mg (18.61%), Phosphorus: 164.53mg (16.45%), Calcium: 131.6mg (13.16%), Copper: 0.25mg (12.61%), Vitamin C: 9.24mg (11.2%), Magnesium: 39.78mg (9.95%), Fiber: 2.43g (9.71%), Zinc: 1.25mg (8.34%), Vitamin B6: 0.15mg (7.37%), Potassium: 256.54mg (7.33%), Vitamin A: 338.35IU (6.77%), Vitamin E: 0.71mg (4.76%), Vitamin B5: 0.42mg (4.17%)