

food
network

Shrimp Bruschetta with Limoncello

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



422 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette sliced into 16 slices, or 8 slices country bread
- ☐ 1 bunch flat-leaf parsley chopped
- ☐ 2 garlic cloves thinly sliced
- ☐ 1 lemon zest finely grated juiced
- ☐ 0.5 cup limoncello liqueur
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 12 large shrimp with tails left on cleaned

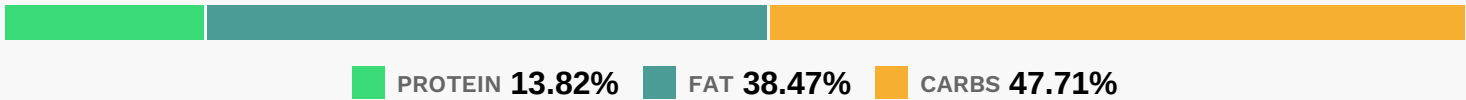
Equipment

- ☐ frying pan
- ☐ grill
- ☐ broiler

Directions

- ☐ Preheat the broiler or grill.
- ☐ In a 12 to 14-inch saute pan, heat the olive oil over medium heat until just smoking.
- ☐ Add the garlic and cook until it turns light brown.
- ☐ Add the shrimp and cook without turning for 2 to 3 minutes, until bright red. Turn the shrimp over and cook for 1 minute.
- ☐ Add the lemon juice, and limoncello, and cook until reduced to about 1/3, about 2 minutes. Season with salt and pepper.
- ☐ Remove from heat and set aside.
- ☐ Grill or toast the bread and place on a platter. Spoon 1 shrimp with sauce onto each toast, sprinkle with lemon zest and parsley, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:20.92, Inflammation Score:-8, Nutrition Score:15.952173958654%

Flavonoids

Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 422.22kcal (21.11%), Fat: 15.49g (23.83%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 43.21g (14.4%), Net Carbohydrates: 41.21g (14.99%), Sugar: 14.47g (16.08%), Cholesterol: 48.3mg (16.1%), Sodium: 430.57mg (18.72%),

Alcohol: 9.47g (100%), Alcohol %: 7.85% (100%), Protein: 12.51g (25.03%), Vitamin K: 243.89µg (232.28%), Vitamin C: 21.36mg (25.89%), Vitamin B1: 0.38mg (25.33%), Vitamin A: 1201.85IU (24.04%), Folate: 88.79µg (22.2%), Iron: 3.32mg (18.44%), Manganese: 0.36mg (18.03%), Selenium: 10.99µg (15.7%), Vitamin B3: 3.04mg (15.21%), Vitamin E: 2.24mg (14.92%), Phosphorus: 134.47mg (13.45%), Vitamin B2: 0.22mg (12.8%), Copper: 0.22mg (11.07%), Calcium: 109.79mg (10.98%), Magnesium: 34.65mg (8.66%), Fiber: 2g (7.99%), Zinc: 1.07mg (7.14%), Potassium: 245.52mg (7.01%), Vitamin B6: 0.1mg (4.96%), Vitamin B5: 0.31mg (3.08%)