



Shrimp Butter Toasts

READY IN



300 min.

SERVINGS



10

CALORIES



139 kcal

Ingredients

- 0.5 teaspoon pepper black
- 0.1 teaspoon ground pepper
- 2.5 teaspoons juice of lemon fresh
- 0.3 cup onion minced
- 1 teaspoon salt
- 1 lb shrimp deveined peeled per lb), and
- 10 servings shrimp whole cooked
- 3 tablespoons butter unsalted melted
- 10 slices sandwich bread white firm

Equipment

- food processor
- bowl
- frying pan
- oven
- plastic wrap
- ramekin
- baking pan
- slotted spoon

Directions

- Heat 2 tablespoons butter in a 10-inch heavy skillet over moderately high heat until foam subsides, then sauté shrimp with salt and black pepper, stirring, until just cooked through, 1 1/2 to 2 minutes.
- Transfer shrimp with a slotted spoon to a food processor, reserving skillet (do not clean).
- Cook onion in 1 tablespoon butter in skillet over moderately low heat, stirring occasionally, until softened, 2 to 3 minutes. Scrape onions into processor and cool mixture to room temperature, about 15 minutes.
- Add lemon juice, cayenne, and remaining 9 tablespoons butter and pulse until shrimp are finely chopped. Pack shrimp butter into a 2-cup ramekin or serving bowl and chill, its surface covered with plastic wrap, at least 6 hours (to allow flavors to develop). Bring to room temperature 45 minutes before serving.
- Put oven rack in upper third of oven and preheat oven to 400°F.
- Brush 1 side of bread triangles lightly with melted butter and toast, buttered sides up, in a large shallow baking pan until golden around edges, 6 to 8 minutes.
- Transfer to a rack to cool.
- Serve toast points with shrimp butter.
- Shrimp butter can be chilled up to 2 days.·Toast points can be made 1 day ahead and kept in an airtight container.

Nutrition Facts

PROTEIN 33.77% FAT 29.4% CARBS 36.83%

Properties

Glycemic Index:16.58, Glycemic Load:8.86, Inflammation Score:-2, Nutrition Score:4.7347826293629%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 139.22kcal (6.96%), Fat: 4.56g (7.01%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 12.16g (4.42%), Sugar: 1.54g (1.71%), Cholesterol: 83.67mg (27.89%), Sodium: 407.63mg (17.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.77g (23.55%), Phosphorus: 129.96mg (13%), Copper: 0.22mg (10.81%), Manganese: 0.18mg (9.13%), Vitamin B1: 0.13mg (8.62%), Calcium: 85.05mg (8.5%), Selenium: 5.87µg (8.39%), Folate: 28.93µg (7.23%), Iron: 1.1mg (6.14%), Vitamin B3: 1.2mg (6%), Magnesium: 23.75mg (5.94%), Zinc: 0.85mg (5.7%), Potassium: 161.65mg (4.62%), Vitamin B2: 0.06mg (3.71%), Fiber: 0.68g (2.72%), Vitamin A: 116.31IU (2.33%), Vitamin B6: 0.03mg (1.47%), Vitamin B5: 0.15mg (1.47%), Vitamin E: 0.16mg (1.09%)