



Shrimp-Filled Piquillo Peppers in Sherry Vinaigrette (Pimientos del Piquillo con Tartar de Langostinos)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups belgian endive sliced (2 small heads)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 0.3 cup onion vertically sliced

- ☐ 10 small piquillo peppers
- ☐ 1.1 teaspoons salt divided
- ☐ 4 teaspoons sherry vinegar
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 0.3 teaspoon sugar
- ☐ 2 cups watercress trimmed
- ☐ 2 teaspoons onion sweet finely chopped
- ☐ 6 cups water

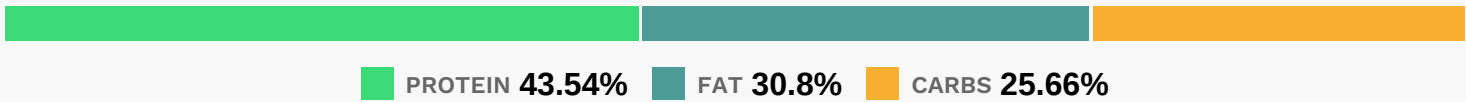
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Combine vinegar and mustard in a small bowl, stirring with a whisk.
- ☐ Add oil, 1/8 teaspoon salt, sugar, and black pepper, stirring with a whisk until blended.
- ☐ Combine water and remaining 1 teaspoon salt in a large Dutch oven; bring to a boil.
- ☐ Add shrimp; cook 3 minutes or until done.
- ☐ Drain and rinse with cold water; finely chop.
- ☐ Combine shrimp, parsley, and chopped onion in a medium bowl; stir in 4 teaspoons vinegar mixture. Gently fill each piquillo pepper with about 1 1/2 tablespoons shrimp mixture.
- ☐ Place endive, watercress, and sliced onion on a large platter, tossing to combine. Top with stuffed peppers, and drizzle with remaining vinegar mixture.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:4.4830434400102%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 46.09kcal (2.3%), Fat: 1.56g (2.4%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.83g (0.93%), Cholesterol: 36.51mg (12.17%), Sodium: 357.47mg (15.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.93%), Vitamin K: 31.03µg (29.55%), Vitamin C: 16.84mg (20.41%), Vitamin A: 490IU (9.8%), Copper: 0.13mg (6.5%), Phosphorus: 59.6mg (5.96%), Potassium: 133.08mg (3.8%), Iron: 0.62mg (3.45%), Magnesium: 13.71mg (3.43%), Calcium: 33.1mg (3.31%), Fiber: 0.71g (2.84%), Manganese: 0.05mg (2.75%), Zinc: 0.37mg (2.49%), Folate: 9.45µg (2.36%), Vitamin E: 0.28mg (1.85%), Vitamin B1: 0.02mg (1.38%), Vitamin B6: 0.02mg (1.16%)