

Shrimp + Prosciutto



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 tablespoon juice of lime fresh



0.5 cup orange marmalade



6 ounces pancetta sliced



1 pound shrimp frozen thawed peeled

Equipment



bowl

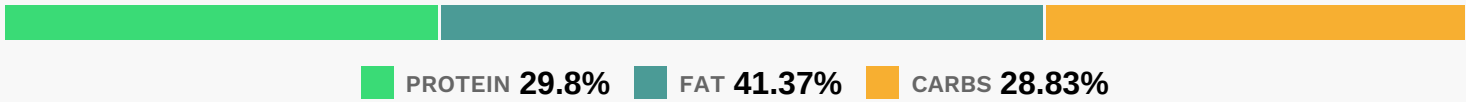


broiler

Directions

- ☐ In a large bowl, combine shrimp, peeled, orange marmalade, and fresh lime juice, tossing well. Marinate 15 minutes in refrigerator; preheat broiler.
- ☐ Cut prosciutto into thin strips; wrap 1 strip around middle of each shrimp coated with marinade. Broil shrimp, 6 inches from heat, about 2–3 minutes; serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.3413043557464%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 124.35kcal (6.22%), Fat: 5.82g (8.95%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 9.03g (3.28%), Sugar: 8.02g (8.91%), Cholesterol: 70.21mg (23.4%), Sodium: 146.31mg (6.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.86%), Phosphorus: 102.01mg (10.2%), Copper: 0.17mg (8.3%), Zinc: 0.68mg (4.53%), Selenium: 2.93µg (4.19%), Potassium: 134.25mg (3.84%), Magnesium: 15.3mg (3.82%), Calcium: 30.14mg (3.01%), Vitamin B3: 0.58mg (2.89%), Vitamin B1: 0.04mg (2.67%), Vitamin B6: 0.04mg (2.04%), Iron: 0.28mg (1.53%), Vitamin C: 1.01mg (1.23%), Vitamin B12: 0.07µg (1.18%)