



Shrimp Remoulade Croustades

READY IN



45 min.

SERVINGS



16

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 2 tablespoons celery minced
- ☐ 2 tablespoons dill pickle diced
- ☐ 8 inch bread french toasted
- ☐ 2 tablespoons chives fresh minced
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 cup mayonnaise

- ☐ 2 tablespoons mustard coarse-grained
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1.8 pounds shrimp fresh unpeeled
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 3 tablespoons tequila divided

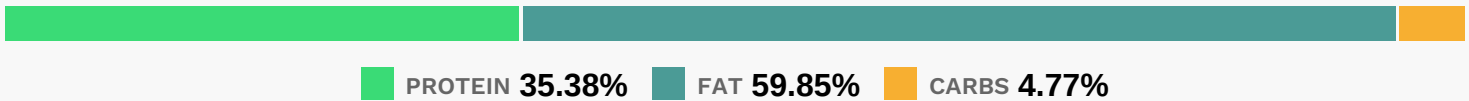
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Peel and devein shrimp, leaving tails intact.
- ☐ Combine 2 tablespoons tequila and lime juice in a glass bowl; add shrimp, and toss well. Cover and chill 20 minutes.
- ☐ Combine remaining 1 tablespoon tequila, mayonnaise, and next 8 ingredients; stir well, and set mixture aside.
- ☐ Remove shrimp from marinade; discard marinade. Coat a large nonstick skillet with cooking spray; add peanut oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add shrimp, and saute 2 minutes or until shrimp turn pink.
- ☐ To serve, arrange shrimp evenly on toasted bread slices; top each with 1 1/2 tablespoons mayonnaise mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.91, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:3.1895651908024%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 124.18kcal (6.21%), Fat: 7.9g (12.15%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.45g (0.5%), Cholesterol: 87.06mg (29.02%), Sodium: 177.53mg (7.72%), Alcohol: 0.94g (100%), Alcohol %: 1.57% (100%), Protein: 10.5g (21.01%), Vitamin K: 13.47µg (12.83%), Phosphorus: 117.95mg (11.79%), Copper: 0.21mg (10.33%), Magnesium: 20.46mg (5.12%), Zinc: 0.74mg (4.92%), Potassium: 155.77mg (4.45%), Calcium: 43.91mg (4.39%), Vitamin E: 0.46mg (3.06%), Vitamin A: 132.09IU (2.64%), Iron: 0.4mg (2.22%), Selenium: 1.46µg (2.08%), Manganese: 0.04mg (1.98%), Vitamin B2: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.14%)