



Shrimp Saltimbocca



Gluten Free



Popular

READY IN



40 min.

SERVINGS



8

CALORIES



148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.8 cup chicken stock see dry white
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoon juice of lemon (-)
- ☐ 1 tablespoon oil
- ☐ 3.5 ounces pancetta cut into 4-6 x 1 inch pieces
- ☐ 6 sage leaves
- ☐ 8 servings salt and pepper to taste

☐ 1 pound shrimp shelled

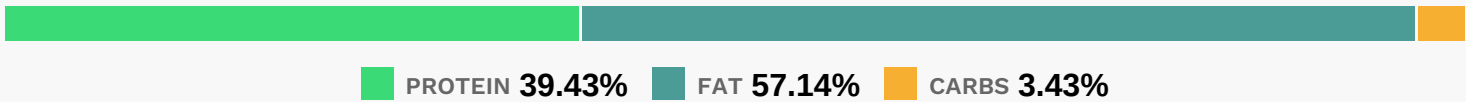
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ toothpicks

Directions

- ☐ Wrap the shrimp up in the prosciutto along with one small sage leaf optionally skewering them either on sticks or with toothpicks to hold the prosciutto on.
- ☐ Heat the oil in a pan over medium heat, add the shrimp and cook, about 2–3 minutes per side and set aside.Melt the butter in the pan, add the sage leaves and cook until the just start to change a darker color, and set aside on paper towels.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the wine to the pan, deglaze, simmer until it has reduced by half, about 3–5 minutes, add the lemon juice and butter and remove from heat stirring in the butter as it melts.Season the sauce with salt and pepper to taste, crumble the fried sage leaves and mix them in.
- ☐ Serve the shrimp along with the dipping sauce and enjoy!

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:3.4578261090362%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 147.81kcal (7.39%), Fat: 8.39g (12.91%), Saturated Fat: 2.74g (17.11%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.32g (0.35%), Cholesterol: 103.23mg (34.41%), Sodium: 355.85mg (15.47%), Alcohol: 2.32g (100%), Alcohol %: 2.94% (100%), Protein: 13.03g (26.06%), Copper: 0.32mg (16.1%), Phosphorus: 144.55mg (14.46%), Zinc: 0.94mg (6.28%), Magnesium: 23.99mg (6%), Potassium: 196.17mg (5.6%), Calcium: 40.58mg (4.06%), Selenium: 2.59µg (3.7%), Manganese: 0.06mg (2.83%), Vitamin E: 0.41mg (2.71%), Vitamin B3: 0.53mg (2.65%), Vitamin B6: 0.05mg (2.53%), Vitamin B1: 0.04mg (2.48%), Iron: 0.42mg (2.34%), Vitamin C: 1.57mg (1.9%), Vitamin K: 1.47µg (1.4%), Vitamin B12: 0.06µg (1.08%)