



Shrimp Skewers with Romesco Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 ounce bread french toasted
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 garlic clove crushed
- ☐ 2 tablespoons hazelnuts toasted chopped
- ☐ 2.3 pounds shrimp deveined peeled

- ☐ 6 lemon wedges
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 0.5 teaspoon paprika
- ☐ 1 cup plum tomatoes chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 7 ounce roasted bell peppers red drained
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons slivered almonds toasted

Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ To prepare romesco, place first 5 ingredients in a food processor; process until finely ground.
- ☐ Add tomato and next 6 ingredients (tomato through bell peppers); process until smooth.
- ☐ Transfer to a bowl; stir in parsley.
- ☐ Prepare grill or broiler.
- ☐ To prepare shrimp, combine shrimp, garlic, 1/4 teaspoon salt, and 1/4 teaspoon black pepper; toss to coat. Thread shrimp onto 6 (8-inch) skewers.
- ☐ Place skewers on grill rack or broiler pan coated with cooking spray; cook 3 minutes on each side or until shrimp are done.
- ☐ Serve shrimp with sauce and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:51.33, Glycemic Load:2.8, Inflammation Score:-7, Nutrition Score:15.456086936204%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 3.86mg, Eriodictyol: 3.86mg, Eriodictyol: 3.86mg, Eriodictyol: 3.86mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 235.08kcal (11.75%), Fat: 6.46g (9.94%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 6.62g (2.41%), Sugar: 2.12g (2.35%), Cholesterol: 273.86mg (91.29%), Sodium: 785.93mg (34.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.24g (74.47%), Copper: 0.86mg (43.17%), Phosphorus: 425.44mg (42.54%), Vitamin C: 33.52mg (40.63%), Vitamin K: 37.2µg (35.43%), Manganese: 0.54mg (27.01%), Magnesium: 91.31mg (22.83%), Potassium: 703.11mg (20.09%), Zinc: 2.75mg (18.33%), Calcium: 156.57mg (15.66%), Vitamin A: 780.95IU (15.62%), Vitamin E: 2.22mg (14.82%), Iron: 2.11mg (11.69%), Fiber: 2.62g (10.49%), Vitamin B6: 0.16mg (7.76%), Folate: 28.15µg (7.04%), Vitamin B1: 0.1mg (6.66%), Vitamin B2: 0.11mg (6.35%), Vitamin B3: 0.96mg (4.82%), Selenium: 1.98µg (2.83%), Vitamin B5: 0.17mg (1.72%)