



Shrimp Spiedini with Pesto, New Potatoes and a Chickpea Aioli

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chickpeas cooked ceci
- ☐ 1 cup olive oil extra virgin
- ☐ 1.5 cups basil leaves fresh
- ☐ 0.5 cup mint leaves fresh
- ☐ 1 clove garlic
- ☐ 1 juice of lemon
- ☐ 20 small new potatoes with skins on until tender, drained and cooled boiled

- ☐ 1 cup olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup pecorino cheese grated
- ☐ 0.3 cup pinenuts
- ☐ 4 servings salt and pepper to taste
- ☐ 28 gulf shrimp with heads on
- ☐ 1 eggs whole

Equipment

- ☐ mixing bowl
- ☐ blender
- ☐ grill
- ☐ skewers

Directions

- ☐ Peel shrimp, leaving head and tail piece on. Thread 7 each onto bamboo skewers. Season with salt and pepper and refrigerate.
- ☐ Preheat barbecue.
- ☐ Cut new potatoes into quarters and place in mixing bowl.
- ☐ Place pine nuts, basil leaves, garlic, Parmesan, Pecorino and 1/2 cup olive oil in blender and grind until very fine (about 45 seconds).
- ☐ Add remaining oil in drizzle to form smooth yet very thick sauce and set aside. In another processor, place ceci, mint, lemon juice, egg, garlic and half cup of olive oil and blend until smooth, or 1 minute.
- ☐ Slowly drizzle in remaining oil to create a creamy sauce.
- ☐ Dress the potatoes with half the pesto and place in center of one of 4 plates. Grill spiedini for 3 minutes per side and place one on each plate. Cover shrimp with remaining pesto and drizzle with aioli.

Nutrition Facts



 **PROTEIN 18.04%**  **FAT 46.66%**  **CARBS 35.3%**

Properties

Glycemic Index:59.13, Glycemic Load:37.05, Inflammation Score:-8, Nutrition Score:31.002608516942%

Flavonoids

Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 657.77kcal (32.89%), Fat: 34.87g (53.65%), Saturated Fat: 6.97g (43.53%), Carbohydrates: 59.34g (19.78%), Net Carbohydrates: 50.68g (18.43%), Sugar: 3.79g (4.21%), Cholesterol: 170.99mg (57%), Sodium: 607.6mg (26.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.34g (60.68%), Manganese: 1.6mg (80.18%), Vitamin C: 62.04mg (75.2%), Vitamin K: 61.44µg (58.51%), Phosphorus: 551.78mg (55.18%), Vitamin B6: 0.93mg (46.53%), Potassium: 1586.73mg (45.34%), Copper: 0.83mg (41.56%), Magnesium: 139.08mg (34.77%), Fiber: 8.66g (34.65%), Calcium: 304.7mg (30.47%), Vitamin E: 4.27mg (28.5%), Folate: 103.34µg (25.84%), Iron: 4.62mg (25.65%), Zinc: 3.6mg (24%), Vitamin B1: 0.3mg (19.97%), Vitamin A: 921.26IU (18.43%), Vitamin B3: 3.64mg (18.21%), Vitamin B2: 0.26mg (15.41%), Selenium: 10.46µg (14.94%), Vitamin B5: 1.2mg (12.02%), Vitamin B12: 0.34µg (5.61%), Vitamin D: 0.31µg (2.09%)