



Shrimp Tartines with Slaw

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 baguette halved lengthwise cut into 4 pieces
- ☐ 1 cup d coleslaw
- ☐ 2 tablespoons dill pickle relish
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 tablespoon mayonnaise
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 1 large shallots finely chopped
- ☐ 1 pound shrimp deveined peeled

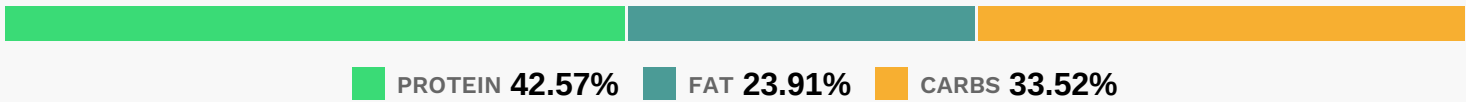
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Combine first 5 ingredients. Cover and refrigerate until ready to use.
- ☐ Combine shrimp, oil, salt, and pepper in a bowl; toss gently. Preheat a lightly oiled grill pan or grill; cook shrimp about 4 minutes or until golden and cooked through (turning after 2 minutes).
- ☐ Transfer to a plate.
- ☐ Grill bread, cut sides down, until golden (about 2 minutes).
- ☐ Combine slaw and 1 tablespoon chilled sauce; toss gently.
- ☐ Spread sauce over bread; top with shrimp and slaw.

Nutrition Facts



Properties

Glycemic Index:74.44, Glycemic Load:11.9, Inflammation Score:-4, Nutrition Score:11.992608650223%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 255.85kcal (12.79%), Fat: 6.89g (10.6%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 20.03g (7.28%), Sugar: 2.57g (2.86%), Cholesterol: 189.07mg (63.02%), Sodium: 595.51mg (25.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.6g (55.2%), Phosphorus: 305.75mg (30.58%),

Manganese: 0.53mg (26.26%), Copper: 0.52mg (26.23%), Vitamin K: 20.87µg (19.88%), Calcium: 176.14mg (17.61%), Iron: 3.09mg (17.14%), Magnesium: 66.49mg (16.62%), Potassium: 533.17mg (15.23%), Vitamin B1: 0.21mg (14.29%), Zinc: 2.05mg (13.69%), Folate: 54.53µg (13.63%), Vitamin C: 8.86mg (10.74%), Vitamin B2: 0.18mg (10.39%), Vitamin B3: 1.83mg (9.17%), Selenium: 6.19µg (8.84%), Vitamin B6: 0.16mg (8.24%), Fiber: 1.7g (6.79%), Vitamin A: 227.03IU (4.54%), Vitamin E: 0.42mg (2.82%), Vitamin B5: 0.18mg (1.82%), Vitamin B12: 0.06µg (1.08%)