



Shrimp with Artichoke Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



130 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large artichokes
- ☐ 1 cup basil fresh packed ()
- ☐ 1 garlic clove
- ☐ 32 jumbo shrimp deveined cooked peeled
- ☐ 1 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon parmesan cheese freshly grated
- ☐ 1 tablespoon pecorino cheese freshly grated

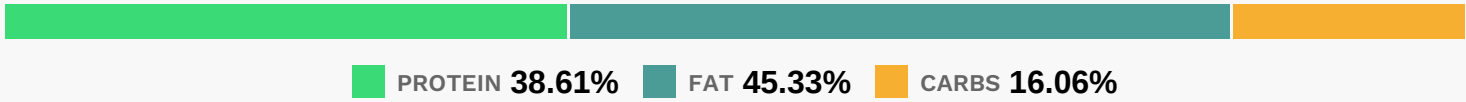
Equipment

☐ bowl

Directions

- ☐ To trim artichoke, add the juice from half a lemon to a large bowl of cold water.
- ☐ Cut off the artichoke's stem; rub cut surface with the other lemon half. Peel off all the leaves.
- ☐ Cut off top one inch of artichoke. Using a spoon with a serrated edge, scrape out the fibrous choke from the center. Rub the artichoke all over with lemon and drop it into lemon water.
- ☐ Drain before using.
- ☐ Cut artichoke hearts into quarters.
- ☐ Combine artichoke hearts, basil, and garlic in processor.
- ☐ Add oil and blend until smooth.
- ☐ Transfer to bowl.
- ☐ Mix in cheeses. Season artichoke pesto to taste with salt and pepper.
- ☐ Place pesto in center of platter. Surround with shrimp and serve.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:9.93956529835%

Flavonoids

Naringenin: 5.06mg, Naringenin: 5.06mg, Naringenin: 5.06mg, Naringenin: 5.06mg Apigenin: 3.05mg, Apigenin: 3.05mg, Apigenin: 3.05mg, Apigenin: 3.05mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 129.87kcal (6.49%), Fat: 6.63g (10.2%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 3.05g (1.11%), Sugar: 0.42g (0.47%), Cholesterol: 101.99mg (34%), Sodium: 509.6mg (22.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.71g (25.43%), Selenium: 24.13µg (34.48%), Phosphorus: 242.62mg (24.26%), Vitamin K: 21.97µg (20.92%), Vitamin B12: 0.9µg (15.06%), Vitamin E: 1.94mg (12.93%), Copper: 0.25mg (12.61%), Folate: 44.87µg (11.22%), Magnesium: 44.39mg (11.1%), Vitamin B3: 1.88mg (9.38%), Vitamin B6: 0.19mg (9.31%), Fiber: 2.24g (8.97%), Manganese: 0.17mg (8.41%), Calcium: 79.24mg (7.92%), Potassium: 252.35mg

(7.21%), Zinc: 1.05mg (6.98%), Vitamin C: 5.4mg (6.54%), Vitamin A: 315.55IU (6.31%), Iron: 0.83mg (4.59%), Vitamin B5: 0.4mg (3.98%), Vitamin B1: 0.05mg (3.16%), Vitamin B2: 0.05mg (2.7%)