



Shrimp with Green Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 slices warm baguette for serving
- ☐ 2 tablespoons brandy
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 cup parsley fresh chopped
- ☐ 5 cloves garlic finely chopped
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 6 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 18 large shrimp deveined peeled

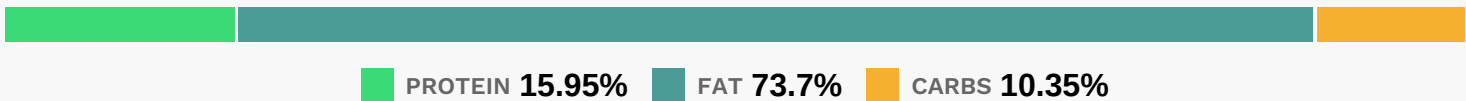
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat 2 tablespoons olive oil in a skillet over medium heat.
- ☐ Add the garlic and cook until it softens slightly, about 1 minute.
- ☐ Add the brandy and swirl the pan until the alcohol evaporates.
- ☐ Add the wine and 1/4 cup water and cook to reduce slightly, 3 to 4 minutes. Stir in the parsley, 1/2 teaspoon salt, and pepper to taste.
- ☐ Transfer the mixture to a blender with 2 tablespoons olive oil and puree until smooth. Cover and set aside.
- ☐ When ready to serve, heat the remaining 2 tablespoons olive oil in a skillet over high heat.
- ☐ Add the shrimp; cook until just pink, 1 to 2 minutes.
- ☐ Add the green sauce, season with salt and pepper, and warm through.
- ☐ Drizzle with olive oil or water to loosen the sauce.
- ☐ Serve with bread.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:27.29, Glycemic Load:2.17, Inflammation Score:-7, Nutrition Score:9.2969565624776%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol:

0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 198.35kcal (9.92%), Fat: 14.39g (22.14%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.05g (1.47%), Sugar: 0.55g (0.61%), Cholesterol: 48.3mg (16.1%), Sodium: 269.8mg (11.73%), Alcohol: 3.73g (100%), Alcohol %: 5.41% (100%), Protein: 7.01g (14.01%), Vitamin K: 172.71µg (164.49%), Vitamin C: 14.08mg (17.07%), Vitamin A: 842.62IU (16.85%), Vitamin E: 2.11mg (14.06%), Phosphorus: 82.69mg (8.27%), Copper: 0.15mg (7.41%), Iron: 1.14mg (6.33%), Manganese: 0.12mg (5.86%), Folate: 21.18µg (5.3%), Magnesium: 19.52mg (4.88%), Potassium: 165.72mg (4.73%), Calcium: 45.19mg (4.52%), Zinc: 0.61mg (4.04%), Vitamin B1: 0.05mg (3.06%), Vitamin B6: 0.06mg (2.78%), Vitamin B3: 0.41mg (2.06%), Fiber: 0.49g (1.98%), Vitamin B2: 0.03mg (1.93%), Selenium: 1.3µg (1.86%)