



## Spicy Shrimp Bruschetta

 Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 baguette cut into 24 diagonal slices
- ☐ 1 tablespoon capers chopped
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 tablespoon chives chopped
- ☐ 0.3 cup pickled cucumbers / gherkins chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 2 tablespoons olive oil

- ☐ 0.5 teaspoon paprika
- ☐ 4 scallions thinly sliced
- ☐ 8 ounces shrimp cooked roughly chopped
- ☐ 1 tablespoon tomato paste

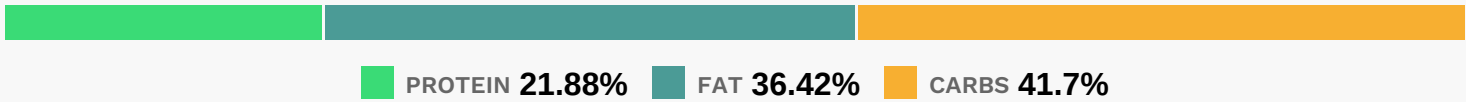
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 375F.
- ☐ Brush baguette slices on both sides with olive oil and place on a rimmed baking sheet.
- ☐ Bake for 10 minutes, turning over halfway through.
- ☐ Let cool.
- ☐ In a large bowl, combine mayonnaise, scallions, gherkins, capers, tomato paste, lemon juice, paprika, cayenne and shrimp; stir well. Mound mixture onto baguette slices; sprinkle with chives.

## Nutrition Facts



## Properties

Glycemic Index:24.08, Glycemic Load:8.44, Inflammation Score:-3, Nutrition Score:5.0700000576351%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

## Nutrients (% of daily need)

Calories: 130.87kcal (6.54%), Fat: 5.31g (8.18%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 12.85g (4.67%), Sugar: 1.85g (2.05%), Cholesterol: 37.71mg (12.57%), Sodium: 325.77mg (14.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.37%), Vitamin K: 19.34µg (18.42%), Vitamin B1: 0.15mg (10.06%), Folate: 31.25µg (7.81%), Phosphorus: 77.89mg (7.79%), Manganese: 0.14mg (7.07%), Copper: 0.14mg (6.9%), Selenium: 4.63µg (6.62%), Iron: 1.19mg (6.58%), Vitamin B3: 1.23mg (6.17%), Vitamin B2: 0.09mg (5.31%), Vitamin E: 0.79mg (5.28%), Calcium: 46.26mg (4.63%), Magnesium: 17.11mg (4.28%), Potassium: 129.62mg (3.7%), Zinc: 0.55mg (3.65%), Fiber: 0.85g (3.39%), Vitamin A: 169.2IU (3.38%), Vitamin C: 2.12mg (2.57%), Vitamin B6: 0.04mg (1.88%), Vitamin B5: 0.11mg (1.12%)