



Spicy Shrimp Rémoulade on Molasses-Buttered Toast

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons butter room temperature ()
- ☐ 0.3 teaspoon ground pepper
- ☐ 3 tablespoons celery finely chopped
- ☐ 0.3 teaspoon chili powder
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 2.5 teaspoons horseradish white prepared drained

- ☐ 2 teaspoons catsup
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup mayonnaise
- ☐ 2 teaspoons blackstrap molasses light
- ☐ 1 teaspoon paprika
- ☐ 1.5 tablespoons flat parsley italian chopped
- ☐ 2 teaspoons shallots minced
- ☐ 8 ounces shrimp cooked peeled
- ☐ 2 teaspoons coarse mustard whole
- ☐ 1 teaspoon worcestershire sauce

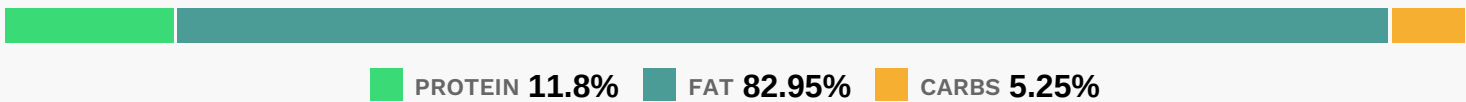
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Using fork, mix all ingredients in small bowl to blend.
- ☐ Mix first 12 ingredients in medium bowl.
- ☐ Preheat oven to 425°F.
- ☐ Spread molasses butter lightly over bread; arrange in single layer on baking sheet.
- ☐ Bake until bread begins to firm up, about 10 minutes. Cool.
- ☐ Mix shrimp into remoulade sauce. Top toasts with shrimp mixture.
- ☐ Sprinkle with chives.
- ☐ Place toasts on platter.

Nutrition Facts



Properties

Glycemic Index:53.38, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:4.460000058879%

Flavonoids

Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 206.04kcal (10.3%), Fat: 19.26g (29.63%), Saturated Fat: 7.08g (44.26%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 2.36g (0.86%), Sugar: 2.03g (2.25%), Cholesterol: 74.1mg (24.7%), Sodium: 236.39mg (10.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.33%), Vitamin K: 38.74µg (36.9%), Vitamin A: 556.57IU (11.13%), Phosphorus: 72.93mg (7.29%), Copper: 0.13mg (6.71%), Vitamin E: 0.86mg (5.72%), Magnesium: 17.68mg (4.42%), Potassium: 146.87mg (4.2%), Manganese: 0.07mg (3.33%), Calcium: 33.02mg (3.3%), Zinc: 0.48mg (3.19%), Vitamin C: 2.6mg (3.15%), Iron: 0.48mg (2.66%), Selenium: 1.33µg (1.91%), Vitamin B6: 0.04mg (1.8%), Fiber: 0.38g (1.51%), Folate: 5.59µg (1.4%), Vitamin B2: 0.02mg (1.1%)