



Spicy Shrimp Rémoulade on Molasses-Buttered Toast

READY IN



45 min.

SERVINGS



8

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons butter room temperature ()
- ☐ 0.3 teaspoon cayenne 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 parsley italian chopped
- ☐ 36 inch squares cut from pumpernickel bread westphalian-style
- ☐ 2 teaspoons shallots minced
- ☐ 8 ounces shrimp cooked peeled
- ☐ 2 teaspoons grain dijon mustard whole
- ☐ 1 teaspoon worcestershire sauce

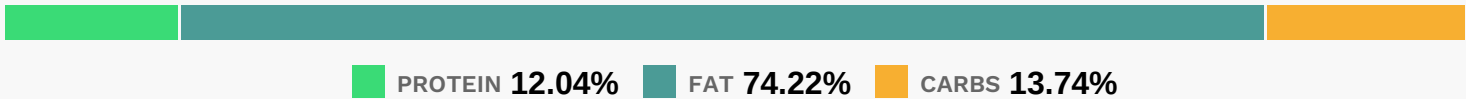
Equipment

- ☐ 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:60.38, Glycemic Load:3.39, Inflammation Score:-4, Nutrition Score:5.9652174866718%

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: 234.62kcal (11.73%), Fat: 19.61g (30.18%), Saturated Fat: 7.13g (44.57%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 7.05g (2.56%), Sugar: 2.09g (2.32%), Cholesterol: 74.1mg (24.7%), Sodium: 304.52mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.32%), Vitamin K: 38.83µg (36.99%), Vitamin A: 556.57IU (11.13%), Manganese: 0.22mg (10.79%), Phosphorus: 93.27mg (9.33%), Copper: 0.17mg (8.35%), Vitamin E: 0.91mg (6.04%), Magnesium: 23.85mg (5.96%), Selenium: 4.13µg (5.91%), Potassium: 170.64mg (4.88%), Iron: 0.81mg (4.49%), Fiber: 1.12g (4.48%), Zinc: 0.65mg (4.32%), Calcium: 40.79mg (4.08%), Folate: 16.22µg (4.06%), Vitamin B1: 0.05mg (3.16%), Vitamin B2: 0.05mg (3.15%), Vitamin C: 2.6mg (3.15%), Vitamin B6: 0.05mg (2.52%), Vitamin B3: 0.48mg (2.38%), Vitamin B5: 0.13mg (1.26%)