



Toasted Ciabatta with Shrimp, Tarragon and Arugula

READY IN



30 min.

SERVINGS



6

CALORIES



547 kcal

Ingredients

- 1 cup arugula packed chopped
- 1 pound ciabatta bread trimmed halved
- 3 tablespoons tarragon fresh chopped
- 1 clove garlic chopped
- 1 clove garlic halved
- 6 servings kosher salt and pepper black freshly ground
- 0.3 cup chicken stock see low-sodium
- 0.5 cup mascarpone cheese at room temperature
- 3 tablespoons olive oil

- 6 servings olive oil for drizzling
- 6 plum tomatoes chopped
- 2 small shallots thinly sliced
- 1 pound shrimp deveined peeled
- 0.3 cup white wine

Equipment

- frying pan
- baking sheet
- oven
- wooden spoon
- cutting board

Directions

- Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F.
- Arrange the bread halves on a baking sheet and drizzle with olive oil.
- Bake until light golden, 13 to 15 minutes. Cool for 2 minutes. Rub the warm bread with the cut-side of the garlic. Set aside.
- For the topping: While the bread is cooking, in a large skillet, heat the oil over medium-high heat.
- Add the garlic and shallots and cook, stirring frequently, until soft, about 2 minutes.
- Sprinkle the shrimp with salt and pepper and add to the skillet. Cook for 3 to 4 minutes until just pink and cooked through.
- Remove the shrimp to a cutting board.
- In the same skillet, add the tomatoes and season with salt and pepper. Cook over medium-high heat until the tomatoes start to soften, about 4 minutes.
- Meanwhile, cut the shrimp into 1/2-inch pieces.
- Turn the heat under the skillet to high.
- Add the wine and, using a wooden spoon, scrape up the browned bits that cling to the bottom of the pan. Boil for 2 minutes.

- Add the stock and boil until most of the liquid has evaporated, about 2 minutes.
- Remove the pan from the heat.
- Add the shrimp, arugula, mascarpone cheese and tarragon, and stir until the mixture is creamy. Season with salt and pepper. Spoon the creamy shrimp and sauce over the toasts and sprinkle with salt and pepper.
- Cut into slices and serve.

Nutrition Facts

PROTEIN 18.2% **FAT 50.81%** **CARBS 30.99%**

Properties

Glycemic Index:46.17, Glycemic Load:2.19, Inflammation Score:-7, Nutrition Score:10.286087078893%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 547.23kcal (27.36%), Fat: 30.83g (47.43%), Saturated Fat: 8.63g (53.96%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 40.09g (14.58%), Sugar: 2.47g (2.75%), Cholesterol: 140.46mg (46.82%), Sodium: 481.94mg (20.95%), Alcohol: 1.03g (100%), Alcohol %: 0.45% (100%), Protein: 24.85g (49.7%), Manganese: 0.45mg (22.53%), Vitamin E: 3.38mg (22.52%), Vitamin K: 21.46µg (20.44%), Vitamin A: 1006.03IU (20.12%), Phosphorus: 200.79mg (20.08%), Copper: 0.38mg (18.77%), Potassium: 513.46mg (14.67%), Vitamin C: 11.72mg (14.21%), Calcium: 132.87mg (13.29%), Magnesium: 50.26mg (12.57%), Iron: 2.03mg (11.29%), Vitamin B6: 0.18mg (9.19%), Zinc: 1.34mg (8.92%), Fiber: 2.2g (8.8%), Folate: 25.1µg (6.28%), Vitamin B3: 0.86mg (4.31%), Vitamin B2: 0.07mg (4.05%), Vitamin B1: 0.04mg (2.72%), Vitamin B5: 0.11mg (1.06%)