



## Venison Stuffed Shrimp in Bacon Wrap

 Gluten Free  Dairy Free

READY IN



32 min.

SERVINGS



8

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 slices bacon cut in 1/2 (16 halves)
- 2 teaspoons freshly basil leaves chopped
- 2 eggs
- 2 cloves garlic finely chopped
- 0.5 pound ground pork
- 0.5 pound ground venison
- 16 pieces extra-jumbo shrimp (peeled per pound), and de-veined
- 2 teaspoons freshly parsley leaves chopped

8 servings salt and pepper black freshly ground

3 cloves shallots finely chopped

## Equipment

broiler

## Directions

Combine venison, pork, basil, parsley, garlic, shallots, eggs, and salt and pepper and mix well.

Preheat broiler.

Make an incision along back of each shrimp and stuff with pork mixture. Secure by wrapping the half slice of bacon around each shrimp. Broil until meat stuffing is cooked and bacon is golden brown, being careful to avoid overcooking shrimp.

## Nutrition Facts

 PROTEIN 27.44% FAT 71.21% CARBS 1.35%

## Properties

Glycemic Index:24.25, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:8.4291303403999%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 229.61kcal (11.48%), Fat: 17.83g (27.44%), Saturated Fat: 6.46g (40.36%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.7g (0.26%), Sugar: 0.08g (0.09%), Cholesterol: 101.05mg (33.68%), Sodium: 209.93mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.93%), Vitamin B1: 0.43mg (28.66%), Selenium: 18.32µg (26.17%), Vitamin B3: 3.78mg (18.91%), Phosphorus: 166.49mg (16.65%), Vitamin B6: 0.33mg (16.58%), Vitamin B12: 0.96µg (15.98%), Zinc: 2.25mg (14.98%), Vitamin B2: 0.22mg (12.79%), Iron: 1.39mg (7.74%), Potassium: 241.72mg (6.91%), Vitamin B5: 0.69mg (6.89%), Magnesium: 16.21mg (4.05%), Copper: 0.08mg (3.86%), Vitamin E: 0.37mg (2.44%), Folate: 8.32µg (2.08%), Vitamin D: 0.31µg (2.07%), Manganese: 0.04mg (1.98%), Calcium: 17.45mg (1.74%), Vitamin A: 77.18IU (1.54%), Vitamin K: 1.07µg (1.02%)