



Alouette Crème De Brie Shrimp Cups

READY IN



45 min.

SERVINGS



30

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 oz round of président brie at room temperature
- 1 tablespoon chives chopped
- 2 tablespoons olive oil extra virgin
- 0.1 teaspoon garlic finely minced
- 1 tablespoon orange juice
- 0.5 teaspoon orange zest grated
- 4.2 oz athens phyllo shells frozen
- 0.3 teaspoon pepper red crushed

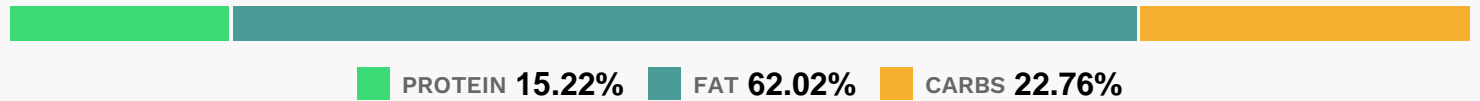
Equipment

- bowl

Directions

- Arrange tartlet shells on 2 serving plates. Spoon a scant teaspoon Alouette Crme de Brie in each.In medium bowl, combine shrimp and all remaining ingredients. Toss to coat shrimp.
- Place 1 shrimp over cheese in each shell. Spoon a little orange juice–chive mixture over shrimp.
- Serve immediately.Variation:For a slightly salty flavor, substitute 30 cup-shaped tortilla chips for the phyllo tartlet shells.If using phyllo tartlet shells, these can be served cold or warm (warm for 5 minutes at 350 F).

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.55478260869565%

Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 38.19kcal (1.91%), Fat: 2.8g (4.3%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 2.3g (0.84%), Sugar: 0.07g (0.08%), Cholesterol: 4.72mg (1.57%), Sodium: 38.28mg (1.66%), Protein: 1.54g (3.09%), Vitamin B2: 0.03mg (1.47%), Vitamin B12: 0.08µg (1.3%), Vitamin E: 0.15mg (1.02%)