



Baked Shrimp Rangoon Appetizers

READY IN



40 min.

SERVINGS



40

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz baby shrimp rinsed canned
- 4 oz philadelphia cream cheese softened ()
- 1 green onion divided thinly sliced
- 0.3 cup miracle whip dressing
- 0.5 tsp pepper sauce hot
- 2 Tbsp pasilla peppers red finely chopped
- 24 won ton wrappers

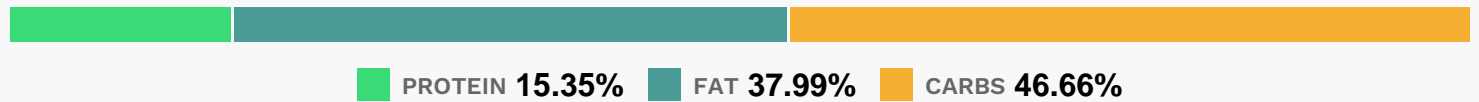
Equipment

- oven
- mini muffin tray

Directions

- Heat oven to 350F.
- Reserve 1 Tbsp. onions.
- Combine remaining onions with next 5 ingredients.
- Place 1 won ton wrapper in each of 24 mini muffin pan cups sprayed with cooking spray, extending edges of wrapper over rim of cup. Fill with shrimp mixture.
- Bake 18 to 20 min. or until edges of wrappers are golden brown and filling is heated through. Top with reserved onions.

Nutrition Facts



Properties

Glycemic Index:2.28, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.91130433733697%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 26.59kcal (1.33%), Fat: 1.12g (1.72%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.96g (1.08%), Sugar: 0.3g (0.33%), Cholesterol: 6.98mg (2.33%), Sodium: 64.9mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Selenium: 2.35µg (3.36%), Vitamin B1: 0.03mg (1.67%), Manganese: 0.03mg (1.54%), Vitamin B3: 0.3mg (1.52%), Vitamin B2: 0.02mg (1.45%), Phosphorus: 13.91mg (1.39%), Folate: 5.07µg (1.27%), Vitamin A: 62.55IU (1.25%)