



Corn Cups with Salsa Shrimp Salad

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons butter melted
- ☐ 2 tablespoons celery finely chopped
- ☐ 0.3 teaspoon chipotle sauce
- ☐ 0.3 cup ears corn fresh thawed
- ☐ 1 tablespoon spring onion chopped
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 2.5 ounces i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 0.3 cup salsa verde fresh drained

- ☐ 0.3 teaspoon salt
- ☐ 4 ounces shrimp cooked chopped
- ☐ 6 tablespoons water

Equipment

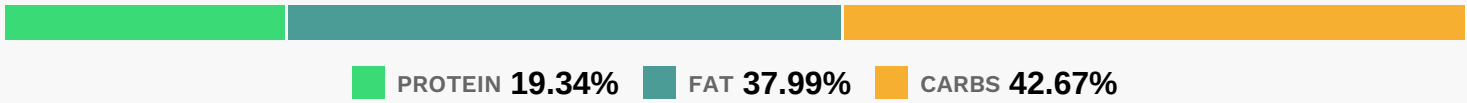
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ To prepare cups, weigh or lightly spoon masa harina into dry measuring cups; level with a knife.
- ☐ Combine masa, salt, and chile powder in a medium bowl, stirring with a whisk. Stir in 6 tablespoons warm water and 4 teaspoons melted butter; stir thoroughly to combine. Turn dough out onto a clean surface; knead lightly 1 minute. Cover dough; let rest 30 minutes.
- ☐ Preheat oven to 400
- ☐ Place dough on a sheet of plastic wrap; cover with another sheet of plastic wrap.
- ☐ Roll dough, still covered, to 1/8-inch thickness.
- ☐ Remove top sheet of plastic wrap.
- ☐ Cut 24 rounds from dough using a 2 1/2-inch round cutter. Coat 24 miniature muffin cups with cooking spray.
- ☐ Place 1 dough round in each muffin cup, gently pressing into bottom and up sides of cup.
- ☐ Bake at 400 for 14 minutes or until crisp and dry. Cool in pans on a wire rack.
- ☐ Remove corn cups from pans.

To prepare salad, combine chopped cooked shrimp, corn kernels, salsa verde, finely chopped celery, chopped green onions, and reduced-fat mayonnaise; cover with plastic wrap, and chill 20 minutes. Spoon 2 teaspoons salsa shrimp salad into each corn cup.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.0065217570442%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 52.59kcal (2.63%), Fat: 2.27g (3.49%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 5.23g (1.9%), Sugar: 0.64g (0.71%), Cholesterol: 19.17mg (6.39%), Sodium: 125.92mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin B1: 0.09mg (6.17%), Phosphorus: 36.81mg (3.68%), Folate: 14.56µg (3.64%), Vitamin B3: 0.65mg (3.24%), Vitamin B2: 0.05mg (3%), Iron: 0.52mg (2.9%), Vitamin K: 2.8µg (2.67%), Copper: 0.05mg (2.59%), Magnesium: 10.32mg (2.58%), Vitamin A: 101.97IU (2.04%), Fiber: 0.5g (2.01%), Manganese: 0.04mg (1.85%), Potassium: 64.17mg (1.83%), Zinc: 0.25mg (1.7%), Vitamin B6: 0.03mg (1.61%), Calcium: 15.83mg (1.58%), Selenium: 0.93µg (1.33%)