



## Creamy Shrimp Bake

READY IN



55 min.

SERVINGS



55

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 oz baby spinach leaves
- 14.8 oz regular corn cream-style canned
- 1.3 cups colby & monterey jack cheeses shredded kraft
- 2 Tbsp cornstarch
- 4 oz philadelphia cream cheese softened ()
- 1 eggs beaten
- 0.5 tsp ground pepper red (cayenne)
- 1 puff pastry frozen thawed
- 7 oz roasted peppers red drained coarsely chopped

1.5 lb shrimp deveined uncooked peeled

## Equipment

bowl

oven

baking pan

## Directions

Heat oven to 400F.

Toss shrimp with cornstarch until evenly coated.

Mix cream cheese, corn and ground red pepper in large bowl until well blended.

Add spinach, shredded cheese and roasted peppers; mix well. Stir in shrimp; spoon into 13x9-inch baking dish.

Unfold pastry sheet on lightly floured surface; roll out to 14-1/2x10-1/2-inch rectangle.

Place over ingredients in baking dish. Fold under and flute edge, trimming corners of pastry if necessary.

Brush with egg.

Bake 40 min. or until crust is golden brown and center of casserole is heated through.

## Nutrition Facts



**PROTEIN 24.82%** **FAT 49.72%** **CARBS 25.46%**

## Properties

Glycemic Index:2.67, Glycemic Load:1.13, Inflammation Score:-3, Nutrition Score:2.9413043448459%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 63.24kcal (3.16%), Fat: 3.57g (5.49%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.83g (1.39%), Sugar: 0.39g (0.43%), Cholesterol: 27.83mg (9.28%), Sodium: 123.26mg (5.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Vitamin K: 15.79µg (15.04%), Vitamin A: 383.07IU (7.66%), Phosphorus: 52.85mg (5.28%), Calcium: 36.16mg (3.62%), Folate: 14.44µg (3.61%), Vitamin C: 2.87mg (3.48%), Copper: 0.07mg (3.43%), Manganese: 0.07mg (3.29%), Selenium: 2.02µg (2.88%), Magnesium: 10.27mg (2.57%), Vitamin B2: 0.04mg (2.55%), Zinc: 0.37mg (2.44%), Potassium: 76.06mg (2.17%), Iron: 0.36mg (2.01%), Vitamin B1: 0.02mg (1.61%), Vitamin B3: 0.31mg (1.54%), Vitamin B6: 0.02mg (1.17%), Fiber: 0.28g (1.11%)