



Crispy Shrimp Tarts

READY IN



30 min.

SERVINGS



24

CALORIES



43 kcal

Ingredients

- ☐ 24 athens phyllo shells frozen mini (from two 2.1-oz packages)
- ☐ 0.5 cup cream cheese (from 8-oz container)
- ☐ 24 medium shrimp frozen deveined cooked peeled
- ☐ 0.3 cup plum sauce chinese
- ☐ 1 serving lime zest grated

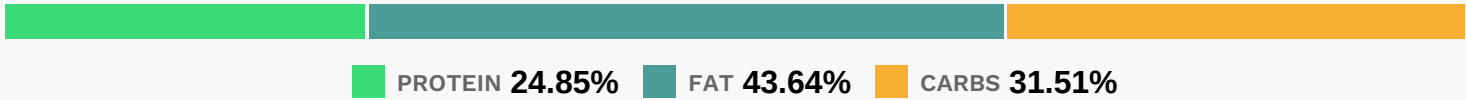
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Place phyllo shells on ungreased large cookie sheet.
- ☐ Stir cream cheese to soften. Spoon 1 teaspoon cream cheese into each shell. Top each with 1 shrimp.
- ☐ Bake about 2 minutes or until cream cheese is soft.
- ☐ Remove from cookie sheet; place on serving platter. Top each with 1/2 teaspoon plum sauce and lime peel.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.63478260576401%

Flavonoids

Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 43.06kcal (2.15%), Fat: 2.2g (3.38%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 3.55g (1.29%), Sugar: 0.18g (0.2%), Cholesterol: 20.88mg (6.96%), Sodium: 51.12mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Phosphorus: 27.17mg (2.72%), Copper: 0.04mg (2.12%), Vitamin A: 64.9IU (1.3%), Potassium: 40.91mg (1.17%), Calcium: 11.38mg (1.14%), Zinc: 0.16mg (1.09%), Magnesium: 4.31mg (1.08%)