



Curried Shrimp Balls

 Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup coconut or flaked
- ☐ 16 ounce cream cheese softened
- ☐ 1 teaspoon curry powder
- ☐ 2 green onions coarsely chopped
- ☐ 12 ounces shrimp deveined cooked peeled

Equipment

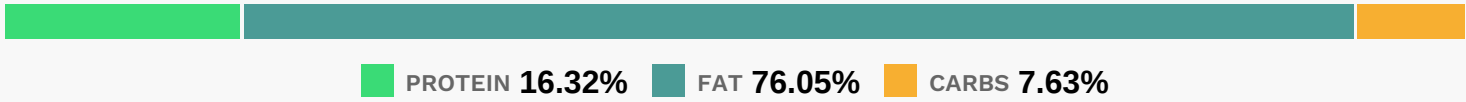
- ☐ food processor
- ☐ baking sheet

oven

Directions

- Combine coconut and curry powder on a baking sheet, and bake at 325 for 5 minutes or until golden. Set aside.
- Process cream cheese, shrimp, and onions in a food processor until blended.
- Shape shrimp mixture into 1-inch balls, and roll in coconut mixture. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.0895652281849%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 51.08kcal (2.55%), Fat: 4.44g (6.83%), Saturated Fat: 2.93g (18.31%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.5g (0.55%), Cholesterol: 20.95mg (6.99%), Sodium: 38.86mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Phosphorus: 29.26mg (2.93%), Manganese: 0.05mg (2.73%), Vitamin A: 132.31IU (2.65%), Copper: 0.04mg (2.21%), Selenium: 1.15µg (1.64%), Calcium: 14.72mg (1.47%), Vitamin B2: 0.02mg (1.41%), Magnesium: 5.13mg (1.28%), Fiber: 0.32g (1.26%), Vitamin K: 1.28µg (1.22%), Potassium: 42.82mg (1.22%), Zinc: 0.18mg (1.21%)