



Curried Shrimp Tarts

READY IN



15 min.

SERVINGS



6

CALORIES



2312 kcal

Ingredients

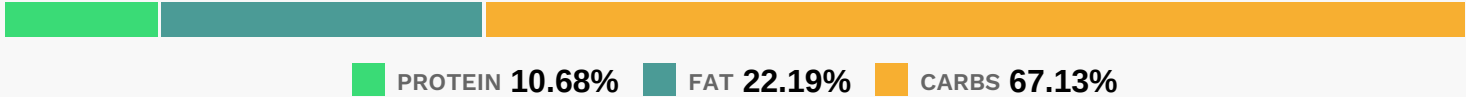
- ☐ 6 servings toppings: chives fresh sweetened flaked toasted chopped
- ☐ 8 oz cream cheese softened
- ☐ 0.8 teaspoon curry powder
- ☐ 3 tablespoons green onions chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2.5 tablespoons mango chutney jarred
- ☐ 15 mini-phylo pastry shells
- ☐ 1 cup shrimp cooked chopped

Equipment

Directions

- ☐
- Stir together first 6 ingredients. Spoon mixture into pastry shells. Spoon 1/2 tsp. mango chutney over each tart; sprinkle with desired toppings.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:140.03, Inflammation Score:-9, Nutrition Score:45.30391298688%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 2311.63kcal (115.58%), Fat: 56g (86.15%), Saturated Fat: 18.35g (114.69%), Carbohydrates: 381.11g (127.04%), Net Carbohydrates: 367.29g (133.56%), Sugar: 7.23g (8.04%), Cholesterol: 101.66mg (33.89%), Sodium: 3589.04mg (156.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.65g (121.3%), Vitamin B1: 3.84mg (256.06%), Selenium: 168.5µg (240.71%), Manganese: 3.42mg (170.77%), Folate: 629.59µg (157.4%), Vitamin B2: 2.51mg (147.66%), Vitamin B3: 28.9mg (144.48%), Iron: 23.14mg (128.56%), Phosphorus: 660.61mg (66.06%), Fiber: 13.83g (55.31%), Copper: 0.89mg (44.62%), Magnesium: 125.73mg (31.43%), Zinc: 4.22mg (28.15%), Vitamin K: 25.02µg (23.83%), Vitamin B5: 2.36mg (23.6%), Potassium: 704.31mg (20.12%), Calcium: 145.33mg (14.53%), Vitamin B6: 0.24mg (12.15%), Vitamin A: 575.95IU (11.52%), Vitamin E: 1mg (6.69%), Vitamin C: 2.14mg (2.59%), Vitamin B12: 0.08µg (1.39%)