



Curried Shrimp Tea Sandwiches

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup celery diced finely
- ☐ 8 oz cream cheese softened
- ☐ 1.5 teaspoons curry powder
- ☐ 1 tablespoon ginger freshly grated
- ☐ 3 tablespoons green onions minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 teaspoon salt
- ☐ 2.5 cups shrimp deveined cooked peeled finely chopped (1 lb. of any size)

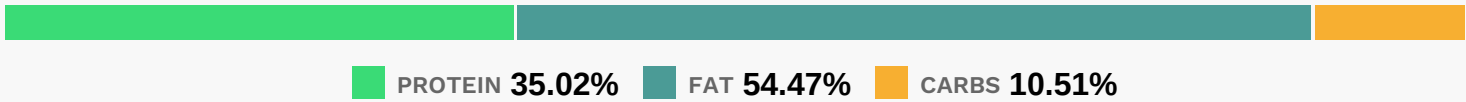
☐ 0.5 cup coconut or sweetened flaked toasted

Equipment

Directions

- ☐ Stir together shrimp, celery, coconut, cream cheese, green onions, ginger, curry powder, salt, and red pepper until well blended.
- ☐ Spread on: white bread.
- ☐ Variation. Curried Chicken: Substitute 2 1/2 cups finely chopped cooked chicken for shrimp. Prepare recipe as directed.
- ☐ Spread on: raisin bread.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:1.37, Inflammation Score:-7, Nutrition Score:13.635652080826%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 506.7kcal (25.34%), Fat: 31.2g (48%), Saturated Fat: 19.25g (120.32%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 11.29g (4.11%), Sugar: 8.51g (9.45%), Cholesterol: 393.78mg (131.26%), Sodium: 721.46mg (31.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.14g (90.27%), Phosphorus: 528mg (52.8%), Copper: 0.85mg (42.57%), Vitamin A: 1229.9IU (24.6%), Magnesium: 89.89mg (22.47%), Calcium: 217.64mg (21.76%), Potassium: 760.26mg (21.72%), Zinc: 3.22mg (21.46%), Vitamin K: 20.07µg (19.12%), Manganese: 0.29mg (14.41%), Selenium: 9.09µg (12.98%), Vitamin B2: 0.2mg (11.5%), Iron: 1.77mg (9.83%), Fiber: 2.25g (9.01%), Vitamin E: 1mg (6.7%), Vitamin B5: 0.5mg (5.01%), Folate: 19.1µg (4.78%), Vitamin B6: 0.08mg (4.1%), Vitamin B12: 0.17µg (2.77%), Vitamin C: 2.01mg (2.43%), Vitamin B1: 0.03mg (2%), Vitamin B3: 0.32mg (1.6%)