



Dill Havarti-Shrimp Appetizers

READY IN



20 min.

SERVINGS



24

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 slices pumpernickel bread
- ☐ 3 tablespoons dijon mustard
- ☐ 1 tablespoon honey
- ☐ 8 ounces havarti cheese
- ☐ 24 medium shrimp frozen thawed cooked
- ☐ 2 tablespoons bell pepper red finely chopped
- ☐ 2 tablespoons optional: dill fresh chopped

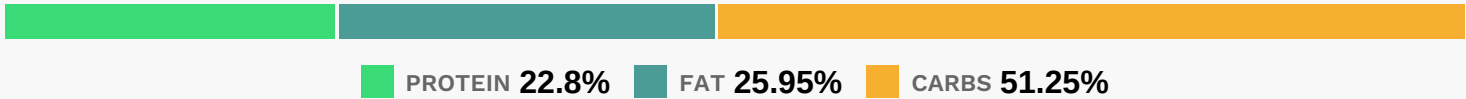
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400°.
- ☐ Place bread slices in jelly roll pan, 15 1/2x10 1/2x1 inch.
- ☐ Bake 4 to 6 minutes or until crisp.
- ☐ Mix mustard and honey; spread over bread slices.
- ☐ Cut cheese into 2-inch squares. Top each bread slice with cheese, shrimp and bell pepper.
- ☐ Sprinkle with dill weed.
- ☐ Bake 3 to 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:7.74, Inflammation Score:-3, Nutrition Score:5.8786956531846%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 124.77kcal (6.24%), Fat: 3.64g (5.6%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 14g (5.09%), Sugar: 0.95g (1.05%), Cholesterol: 24.42mg (8.14%), Sodium: 294.68mg (12.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Manganese: 0.44mg (21.81%), Selenium: 9.29µg (13.27%), Phosphorus: 130.73mg (13.07%), Folate: 35.99µg (9%), Fiber: 2.18g (8.72%), Calcium: 86.88mg (8.69%), Vitamin B2: 0.13mg (7.71%), Vitamin B1: 0.11mg (7.56%), Copper: 0.14mg (7.05%), Zinc: 1mg (6.68%), Magnesium: 24.35mg (6.09%), Iron: 1.02mg (5.69%), Vitamin B3: 1.02mg (5.09%), Potassium: 104.45mg (2.98%), Vitamin B6: 0.05mg (2.63%), Vitamin B12: 0.13µg (2.17%), Vitamin A: 103.11IU (2.06%), Vitamin B5: 0.17mg (1.7%), Vitamin E: 0.22mg (1.45%), Vitamin C: 1.08mg (1.31%)