



Easy Stuffed Shrimp

READY IN



30 min.

SERVINGS



2

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp parsley fresh chopped
- 1 small clove garlic minced
- 3 Tbsp 3 tbsp. kraft zesty italian dressing italian divided kraft
- 2 Tbsp parmesan cheese grated kraft
- 6 ritz crackers crushed
- 5 oz shrimp deveined uncooked peeled

Equipment

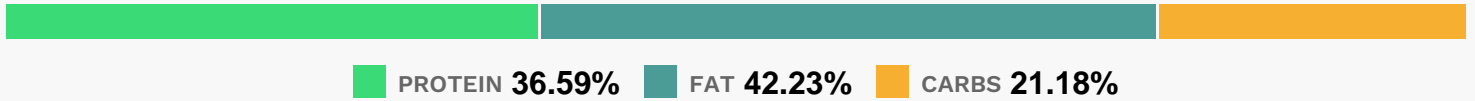
- bowl

- oven
- baking pan

Directions

- Heat oven to 400F.
- Toss shrimp with 2 Tbsp. dressing in medium bowl. Refrigerate 10 min. Meanwhile, mix remaining dressing with remaining ingredients.
- Remove shrimp from dressing; discard dressing. Partially split each shrimp lengthwise by making long cut along underside of shrimp, being careful to not cut all the way through shrimp. Open shrimp slightly; place, cut sides up, in shallow baking dish. Top with crumb mixture.
- Bake 7 to 8 min. or until shrimp turn pink.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:7.0252174495355%

Flavonoids

Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 181.41kcal (9.07%), Fat: 8.53g (13.12%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 9.32g (3.39%), Sugar: 3.15g (3.5%), Cholesterol: 118.46mg (39.49%), Sodium: 471.5mg (20.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.62g (33.24%), Vitamin K: 48.12µg (45.83%), Phosphorus: 214.64mg (21.46%), Copper: 0.3mg (15.09%), Calcium: 111.62mg (11.16%), Zinc: 1.27mg (8.5%), Magnesium: 30.69mg (7.67%), Potassium: 242.08mg (6.92%), Vitamin E: 0.84mg (5.59%), Manganese: 0.11mg (5.56%), Iron: 0.99mg (5.52%), Vitamin A: 211.38IU (4.23%), Selenium: 2.82µg (4.03%), Vitamin C: 3.08mg (3.74%), Vitamin B1: 0.05mg (3.34%), Vitamin B2: 0.04mg (2.62%), Vitamin B3: 0.51mg (2.54%), Folate: 9.71µg (2.43%), Vitamin B6: 0.04mg (2.19%), Fiber: 0.3g (1.2%), Vitamin B12: 0.07µg (1.13%)