



Puff Pastry-Wrapped Jumbo Shrimp

READY IN



30 min.

SERVINGS



18

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5.2 ounces garlic & herb spreadable cheese softened
- ☐ 2 slices bacon crumbled cooked
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 pound shrimp fresh with tail left on, deveined and butterflied peeled
- ☐ 0.5 .3-ounce package puff pastry sheets thawed pepperidge farm® (1 sheet)

Equipment

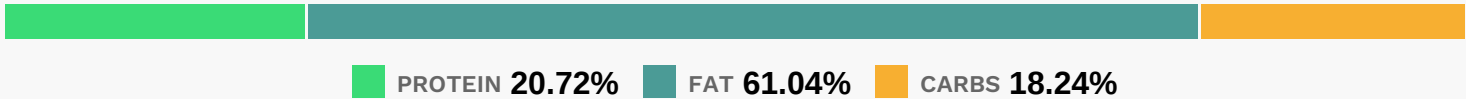
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat the oven to 400F.
- ☐ Stir the cheese, parsley and bacon in a medium bowl. Spoon about 2 teaspoons cheese mixture down the center of each shrimp. Fold the sides of the shrimp over the filling.
- ☐ Unfold the pastry sheet on a lightly floured surface.
- ☐ Cut the pastry sheet crosswise into 18 (1/2-inch wide) strips. Starting at the top, wind 1 pastry strip around 1 shrimp, slightly overlapping the pastry and ending just before the tail. Repeat with the remaining pastry strips and shrimp.
- ☐ Place the pastries onto a baking sheet.
- ☐ Bake for 15 minutes or until the pastries are golden brown.

Nutrition Facts



Properties

Glycemic Index:4.89, Glycemic Load:1.66, Inflammation Score:-1, Nutrition Score:2.664347798928%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 88.12kcal (4.41%), Fat: 6.01g (9.25%), Saturated Fat: 2.39g (14.97%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.93g (1.43%), Sugar: 0.05g (0.06%), Cholesterol: 41.53mg (13.84%), Sodium: 219.14mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Selenium: 9.56µg (13.65%), Phosphorus: 69.15mg (6.91%), Vitamin B12: 0.29µg (4.82%), Vitamin K: 4.82µg (4.59%), Vitamin B3: 0.83mg (4.14%), Copper: 0.05mg (2.74%), Folate: 10.43µg (2.61%), Vitamin E: 0.37mg (2.5%), Vitamin B1: 0.04mg (2.49%), Vitamin B6: 0.05mg (2.35%), Zinc: 0.31mg (2.07%), Manganese: 0.04mg (2.05%), Magnesium: 7.02mg (1.75%), Vitamin B2: 0.03mg (1.49%), Calcium: 14.69mg (1.47%), Iron: 0.25mg (1.39%), Vitamin A: 64.48IU (1.29%), Potassium: 38.29mg (1.09%)