



Shrimp and Benne Seed Tartlets

READY IN



25 min.

SERVINGS



1

CALORIES



913 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup celery diced
- 2 teaspoons creole seasoning
- 1 serving garnish: green onions thinly sliced
- 2 tablespoons green onions thinly sliced
- 2 teaspoons juice of lemon fresh
- 1 tablespoon lemon zest grated
- 0.3 cup mayonnaise
- 1 pound shrimp fresh unpeeled
- 0.3 cup heavy whipping cream sour

- 1 serving flaky tartlet shells
- 3 cups water

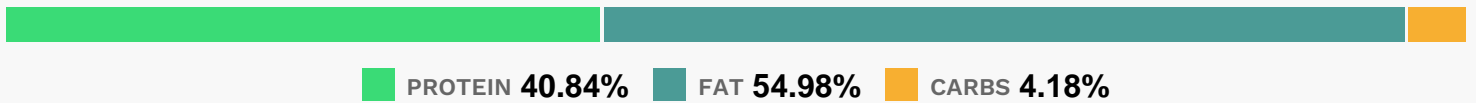
Equipment

- bowl
- paper towels
- oven

Directions

- Prepare and bake Tartlet Shells.
- Peel and devein shrimp. Bring water to a boil; add shrimp. Cook 3 to 5 minutes or until shrimp turn pink; drain. Coarsely chop shrimp, and pat dry with a paper towel.
- Stir together mayonnaise and next 4 ingredients in a large bowl.
- Add shrimp, celery, and 2 tablespoons green onions.
- Fill each Tartlet Shell with 1 heaping tablespoonful shrimp salad.
- Garnish, if desired.
- Serve immediately.
- Make Ahead: Tartlet shells can be baked up to 24 hours ahead. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:178, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:28.823912744937%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 913.18kcal (45.66%), Fat: 56.47g (86.87%), Saturated Fat: 13.09g (81.83%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 6.84g (2.49%), Sugar: 4.11g (4.57%), Cholesterol: 787.97mg (262.66%), Sodium: 983.02mg (42.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 94.38g (188.75%), Vitamin K: 142.48µg (135.69%), Phosphorus: 1054.13mg (105.41%), Copper: 1.96mg (97.84%), Vitamin A: 2393.25IU (47.86%), Magnesium: 187.05mg (46.76%), Zinc: 6.66mg (44.37%), Potassium: 1518.23mg (43.38%), Calcium: 415.13mg (41.51%), Vitamin C: 19.61mg (23.77%), Vitamin E: 3.47mg (23.12%), Iron: 3.31mg (18.4%), Manganese: 0.3mg (15.23%), Fiber: 2.81g (11.23%), Vitamin B2: 0.18mg (10.82%), Folate: 36.91µg (9.23%), Vitamin B6: 0.18mg (8.84%), Selenium: 4.06µg (5.8%), Vitamin B5: 0.42mg (4.18%), Vitamin B1: 0.05mg (3.55%), Vitamin B3: 0.64mg (3.18%), Vitamin B12: 0.19µg (3.13%)