



Shrimp-and-Ham Stuffed Mirlitons

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 1.3 cups breadcrumbs divided soft
- ☐ 2 tablespoons butter melted
- ☐ 8 ounces ham cooked coarsely chopped
- ☐ 1 tablespoon creole seasoning
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 4 green onions chopped

- ☐ 4 large mirlitons
- ☐ 0.3 cup onion minced
- ☐ 1 pound shrimp unpeeled

Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Bring mirlitons and water to cover to a boil in a Dutch oven; boil 25 to 30 minutes or until tender.
- ☐ Peel shrimp, and devein, if desired. Set shrimp aside.
- ☐ Drain and cool mirlitons.
- ☐ Cut in half lengthwise; remove seeds, and discard. Scoop out pulp, leaving 1/2-inch-thick shells; chop pulp.
- ☐ Saut onion and next 3 ingredients in hot bacon drippings 3 minutes.
- ☐ Add shrimp and ham; cook, stirring constantly, 3 to 5 minutes or until shrimp turn pink. Stir in mirliton pulp, 3/4 cup breadcrumbs, and Creole seasoning; cook, stirring occasionally, 5 minutes.
- ☐ Let cool slightly; stir in egg. Stuff mirliton mixture evenly into mirliton shells.
- ☐ Stir together remaining 1/2 cup breadcrumbs and butter.
- ☐ Sprinkle evenly over stuffed mirlitons.
- ☐ Place in a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 375 for 15 to 20 minutes or until lightly browned.
- ☐ Note: Unbaked mirliton mixture may be spooned into a lightly greased 11- x 7-inch baking dish (discard mirliton shells), and then baked as directed.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:14.29130433435%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 243.98kcal (12.2%), Fat: 10.49g (16.14%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 14.67g (5.34%), Sugar: 2.68g (2.98%), Cholesterol: 146.08mg (48.69%), Sodium: 559.04mg (24.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.73g (41.47%), Vitamin K: 47.8µg (45.52%), Phosphorus: 265.85mg (26.58%), Folate: 91.98µg (23%), Vitamin B1: 0.34mg (22.99%), Vitamin C: 16.63mg (20.16%), Copper: 0.4mg (19.94%), Manganese: 0.37mg (18.31%), Selenium: 12.24µg (17.48%), Zinc: 2.3mg (15.31%), Vitamin B3: 2.57mg (12.85%), Vitamin A: 599.28IU (11.99%), Vitamin B2: 0.2mg (11.75%), Potassium: 408.17mg (11.66%), Magnesium: 45.83mg (11.46%), Iron: 1.97mg (10.96%), Vitamin B6: 0.2mg (9.82%), Fiber: 2.41g (9.62%), Calcium: 95.83mg (9.58%), Vitamin B12: 0.52µg (8.67%), Vitamin B5: 0.63mg (6.32%), Vitamin E: 0.5mg (3.31%), Vitamin D: 0.21µg (1.42%)