

Shrimp and Sesame Sticks with Apricot Dipping Sauce

READY IN



1500 min.

SERVINGS



32

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 32 servings barbecue sauce
- ☐ 1 tablespoon cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 teaspoons ginger fresh minced peeled
- ☐ 1 teaspoon garlic minced
- ☐ 32 servings kosher salt for sprinkling
- ☐ 12 inch sheets dough frozen thawed (17- by 12-inch)
- ☐ 3 spring onion chopped

- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons sesame seed toasted
- ☐ 1.3 lb shrimp shelled deveined
- ☐ 1 tablespoon soya sauce
- ☐ 1.3 sticks butter unsalted melted ()

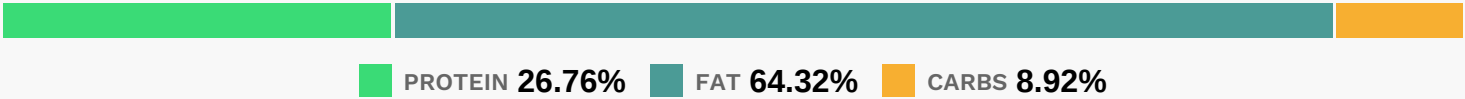
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen towels

Directions

- ☐ Pulse together all filling ingredients in a food processor until they form a coarse paste.
- ☐ Preheat oven to 450°F.
- ☐ Cover phyllo with 2 overlapping sheets of plastic wrap and then a dampened kitchen towel. Put 1 phyllo sheet on a work surface, keeping remainder covered, and brush generously with butter. Stack 2 more phyllo sheets on top, generously buttering each.
- ☐ Cut phyllo stack in half lengthwise, then arrange 1 half with a long side nearest you. With dampened fingers shape 3 tablespoons shrimp filling into a narrow rope along edge nearest you, then roll up paste tightly in phyllo to form a long thin roll. Make another roll with other half of stack. Make 6 more rolls with remaining phyllo sheets, butter, and shrimp filling.
- ☐ Lightly brush top of rolls with egg and sprinkle with sesame seeds and kosher salt.
- ☐ Cut each roll crosswise into 4 sticks and arrange, seam sides down, 1 inch apart on 2 large baking sheets.
- ☐ Bake sticks in upper and lower thirds of oven, switching position of sheets halfway through baking, until phyllo is golden brown, about 15 minutes total.
- ☐ Transfer sticks to a rack to cool slightly and serve warm with dipping sauce.
- ☐ · Shrimp sticks can be assembled (but not coated and baked) 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:5.16, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:1.5134782687477%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 63.11kcal (3.16%), Fat: 4.58g (7.04%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.38g (0.42%), Cholesterol: 45.73mg (15.24%), Sodium: 265.59mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.57%), Copper: 0.1mg (5.01%), Phosphorus: 50.01mg (5%), Vitamin A: 132.25IU (2.65%), Vitamin K: 2.75µg (2.61%), Magnesium: 9.44mg (2.36%), Zinc: 0.33mg (2.21%), Calcium: 20.57mg (2.06%), Potassium: 63.59mg (1.82%), Manganese: 0.03mg (1.6%), Iron: 0.27mg (1.51%), Selenium: 0.96µg (1.38%)