



## Shrimp Bruschetta Topping

READY IN



23 min.

SERVINGS



16

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 0.5 cup athenos feta cheese with basil & tomato crumbled
- 0.3 cup parsley fresh chopped
- 1 clove garlic minced
- 2 green onions chopped
- 1 lb shrimp frozen thawed cleaned uncooked
- 1 tomatoes chopped
- 16 servings woven wheat crackers

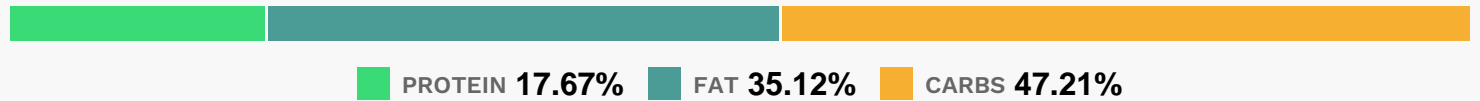
# Equipment

frying pan

# Directions

- Cook garlic in dressing in large skillet on medium-high heat 30 sec. Stir in shrimp and onions; cook 6 to 8 min. or until shrimp turn pink.
- Add tomatoes and parsley; stir. Cook 2 to 4 min. or until heated through, stirring occasionally. Top with cheese.
- Serve with crackers.

# Nutrition Facts



# Properties

Glycemic Index:9.94, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:3.5169565263002%

# Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

# Nutrients (% of daily need)

Calories: 190.78kcal (9.54%), Fat: 7.49g (11.52%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 20.51g (7.46%), Sugar: 4.31g (4.79%), Cholesterol: 49.81mg (16.6%), Sodium: 348.46mg (15.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.97%), Vitamin K: 19.17µg (18.26%), Fiber: 2.15g (8.6%), Phosphorus: 79.7mg (7.97%), Calcium: 63.7mg (6.37%), Copper: 0.12mg (6%), Iron: 1.01mg (5.6%), Zinc: 0.55mg (3.64%), Vitamin A: 177.76IU (3.56%), Vitamin C: 2.64mg (3.2%), Magnesium: 12.47mg (3.12%), Potassium: 106.05mg (3.03%), Vitamin B2: 0.04mg (2.55%), Vitamin B6: 0.03mg (1.51%), Manganese: 0.03mg (1.32%), Vitamin B12: 0.08µg (1.32%), Folate: 5.04µg (1.26%), Selenium: 0.74µg (1.06%)