



Shrimp Canapés

READY IN



22 min.

SERVINGS



20

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp butter melted
- 0.5 cup colby & monterey jack cheeses shredded kraft
- 0.3 cup real mayo mayonnaise kraft
- 0.3 tsp salt
- 12 oz shrimp frozen thawed cooked chopped
- 0.5 tsp thyme leaves dried
- 10 slices bread white

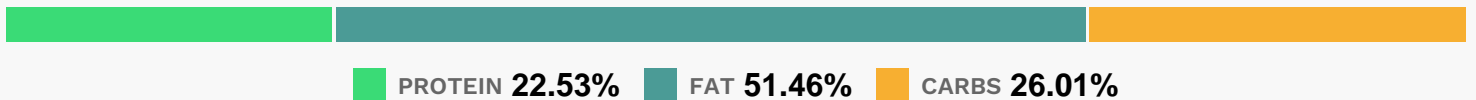
Equipment

- baking sheet
- knife
- cookie cutter
- broiler

Directions

- Preheat broiler. Trim crusts from bread slices, then cut into 20 assorted shapes, using 2-inch fluted round cookie cutter to cut circles and sharp knife to cut triangles. Tear enough of the bread trimmings into fine crumbs to measure 1/2 cup crumbs; set aside.
- Mix butter and thyme; brush evenly onto bread cutouts.
- Place in single layer on baking sheet.
- Broil 2 min. or until golden brown. Meanwhile, mix reserved bread crumbs with shrimp, cheese, mayo and salt.
- Spread evenly onto toast cutouts. Broil an additional 8 to 10 min. or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:8.49, Glycemic Load:4.4, Inflammation Score:-1, Nutrition Score:2.7104347986372%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 96.68kcal (4.83%), Fat: 5.51g (8.48%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 5.98g (2.18%), Sugar: 0.71g (0.78%), Cholesterol: 32.09mg (10.7%), Sodium: 165.78mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.87%), Phosphorus: 66.73mg (6.67%), Calcium: 60.68mg (6.07%), Vitamin K: 6.2µg (5.9%), Selenium: 3.46µg (4.95%), Vitamin B1: 0.06mg (4.29%), Copper: 0.08mg (4.21%), Manganese: 0.08mg (4.03%), Folate: 14.68µg (3.67%), Iron: 0.55mg (3.03%), Vitamin B3: 0.6mg (2.99%), Zinc: 0.45mg (2.97%), Magnesium: 10.3mg (2.57%), Vitamin B2: 0.04mg (2.57%), Potassium: 65.18mg (1.86%), Vitamin A: 86.38IU (1.73%), Vitamin E: 0.2mg (1.35%), Fiber: 0.29g (1.16%)