



Shrimp-Cheese Bites

READY IN



35 min.

SERVINGS



24

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups flour all-purpose
- 0.5 cup butter
- 1 eggs beaten
- 0.7 cup shrimp cooked chopped
- 2 ounces goat cheese crumbled (goat)
- 1 eggs
- 1 egg yolk
- 2 teaspoons basil dried fresh chopped
- 0.5 cup frangelico

Equipment

- bowl
- oven
- wire rack
- blender
- muffin liners

Directions

- Heat oven to 375°F.
- Place flour in medium bowl.
- Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture is crumbly. Stir in 1 beaten egg until well mixed. Shape into a ball. Divide into 24 balls. Press 1 ball on bottom and up side of each of 24 ungreased small muffin cups, 1 1/4x1 inch.
- Divide shrimp among cups.
- Sprinkle with cheese. Beat 1 egg and the egg yolk in small bowl. Stir in half-and-half and basil. Spoon about 1 tablespoon egg mixture into each cup.
- Bake about 20 minutes or until light brown. Immediately remove from pans to wire rack.
- Serve immediately.

Nutrition Facts



PROTEIN 15.91% **FAT 57.68%** **CARBS 26.41%**

Properties

Glycemic Index:3.13, Glycemic Load:3.59, Inflammation Score:-2, Nutrition Score:2.133913035383%

Nutrients (% of daily need)

Calories: 77.38kcal (3.87%), Fat: 4.95g (7.62%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 4.9g (1.78%), Sugar: 0.06g (0.06%), Cholesterol: 33.41mg (11.14%), Sodium: 66.87mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.15%), Selenium: 3.82µg (5.46%), Vitamin A: 224.8IU (4.5%), Phosphorus: 38.64mg (3.86%), Folate: 15.32µg (3.83%), Vitamin B2: 0.06mg (3.8%), Vitamin B1: 0.06mg (3.74%), Iron: 0.54mg (3%), Manganese: 0.06mg (2.93%), Copper: 0.06mg (2.87%), Vitamin B3: 0.4mg (2.01%),

Zinc: 0.23mg (1.51%), Vitamin E: 0.22mg (1.48%), Calcium: 14.8mg (1.48%), Vitamin K: 1.51µg (1.44%), Magnesium: 5.32mg (1.33%), Vitamin B5: 0.13mg (1.28%)