



Shrimp-Cheese Bites

READY IN



35 min.

SERVINGS



24

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

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

Directions

- Heat oven to 375F.
- 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 15.39% **FAT 59.28%** **CARBS 25.33%**

Properties

Glycemic Index:3.13, Glycemic Load:3.59, Inflammation Score:-2, Nutrition Score:2.2843478325268%

Nutrients (% of daily need)

Calories: 83.98kcal (4.2%), Fat: 5.53g (8.51%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 5.11g (1.86%), Sugar: 0.27g (0.3%), Cholesterol: 35.17mg (11.72%), Sodium: 69.95mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Selenium: 3.98µg (5.69%), Vitamin A: 242.65IU (4.85%), Vitamin B2: 0.07mg (4.38%), Phosphorus: 43.43mg (4.34%), Folate: 15.47µg (3.87%), Vitamin B1: 0.06mg (3.84%), Iron: 0.54mg (3.02%), Manganese: 0.06mg (2.93%), Copper: 0.06mg (2.89%), Vitamin B3: 0.41mg (2.04%),

Calcium: 20.19mg (2.02%), Zinc: 0.25mg (1.64%), Vitamin E: 0.23mg (1.56%), Vitamin K: 1.57µg (1.5%), Magnesium: 5.83mg (1.46%), Vitamin B5: 0.14mg (1.42%), Potassium: 41.64mg (1.19%), Vitamin B12: 0.07µg (1.1%), Vitamin B6: 0.02mg (1.08%)