



## Shrimp Creole Tarts

READY IN



50 min.

SERVINGS



60

CALORIES



58 kcal

### Ingredients

- 1 tablespoon butter melted
- 2 tablespoons butter
- 0.5 cup celery minced
- 3 ounce cream cheese softened
- 0.5 teaspoon creole seasoning
- 2 teaspoons creole seasoning
- 1 cup breadcrumbs plain dry
- 2 tablespoons flour all-purpose
- 1 tablespoon parsley fresh minced
- 2 cloves garlic minced

- 0.5 cup bell pepper green minced
- 1.5 cups heavy whipping cream
- 0.3 cup onion finely chopped
- 7.6 ounce phyllo cups frozen mini thawed
- 1 pound shrimp deveined cooked peeled

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

## Directions

- For the topping: In a small bowl, combine the breadcrumbs, parsley, Creole seasoning, and melted butter.
- For the tarts: Preheat the oven to 400 degrees F.
- In a large skillet, melt the butter over medium-high heat.
- Add the bell peppers, celery, onions, and garlic. Cook, stirring frequently, until the vegetables are tender, about 3 minutes. Stir in the flour and cook for 2 minutes, stirring constantly. Stir in the cream, parsley, and Creole seasoning. Bring to a boil, reduce the heat, and simmer until slightly thickened, 10 minutes.
- Add the cream cheese, whisking until melted.
- Add the shrimp to the cream cheese mixture.
- Remove from the heat.
- Place the phyllo cups on baking sheets. Fill the cups evenly with the shrimp mixture.
- Sprinkle the topping over the shrimp tarts.
- Bake until lightly browned, 15 minutes.
- Serve warm.

## Nutrition Facts

PROTEIN 17%

FAT 57%

CARBS 26%

## Properties

Glycemic Index:6.62, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.203478258589%

## Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 58.19kcal (2.91%), Fat: 3.86g (5.94%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.8g (1.38%), Sugar: 0.42g (0.47%), Cholesterol: 21.83mg (7.28%), Sodium: 41.02mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin A: 172.68IU (3.45%), Phosphorus: 25.63mg (2.56%), Copper: 0.04mg (1.88%), Vitamin K: 1.89µg (1.8%), Vitamin C: 1.29mg (1.57%), Vitamin B1: 0.02mg (1.51%), Vitamin B2: 0.03mg (1.48%), Calcium: 14.65mg (1.47%), Manganese: 0.03mg (1.38%), Selenium: 0.87µg (1.25%), Magnesium: 4.5mg (1.13%), Potassium: 39.23mg (1.12%), Zinc: 0.16mg (1.06%)