



Shrimp Newburg on Toast Points

READY IN



45 min.

SERVINGS



2

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounce bread whole-wheat toasted
- ☐ 2 teaspoons chives chopped
- ☐ 1 tablespoon cooking sherry dry
- ☐ 1 large egg yolk
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 Dash ground pepper red
- ☐ 0.8 cup milk 1% low-fat
- ☐ 2 cups mushrooms sliced
- ☐ 2 teaspoons olive oil divided

- ☐ 1 Dash pepper black
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound shrimp deveined peeled

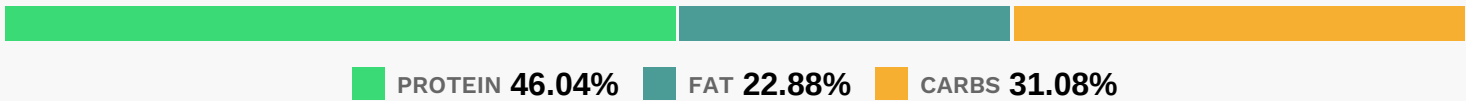
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat until hot.
- ☐ Add shrimp; saut 3 minutes.
- ☐ Remove shrimp from skillet; set aside, and keep warm.
- ☐ Add 1 teaspoon olive oil to skillet.
- ☐ Add mushrooms; saut 5 minutes.
- ☐ Combine milk, flour, sherry, and egg yolk, stirring with a whisk until blended, and add to mushrooms. Bring mixture to a boil; reduce heat, and simmer until thick, stirring constantly (about 3 minutes). Return shrimp to skillet, and stir in salt and peppers.
- ☐ Cut each toast slice in half diagonally. Arrange 4 toast triangles on each of 2 plates; top the triangles with 1 1/4 cups shrimp mixture, and sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:144.83, Glycemic Load:13.67, Inflammation Score:-5, Nutrition Score:22.730000091636%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 403.39kcal (20.17%), Fat: 10.27g (15.8%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 28.57g (10.39%), Sugar: 8.88g (9.87%), Cholesterol: 370.08mg (123.36%), Sodium: 738.22mg (32.1%), Alcohol: 0.77g (100%), Alcohol %: 0.23% (100%), Protein: 46.49g (92.97%), Phosphorus: 631.93mg (63.19%), Copper: 1.05mg (52.45%), Selenium: 29.09µg (41.56%), Vitamin B2: 0.68mg (40.19%), Manganese: 0.66mg (33.08%), Vitamin B3: 6.19mg (30.93%), Calcium: 290.05mg (29%), Potassium: 978.34mg (27.95%), Zinc: 3.84mg (25.6%), Magnesium: 98.82mg (24.7%), Vitamin B5: 2.38mg (23.83%), Vitamin B1: 0.35mg (23.25%), Iron: 3.37mg (18.73%), Folate: 74.69µg (18.67%), Vitamin B12: 0.74µg (12.4%), Vitamin B6: 0.24mg (11.9%), Fiber: 2.81g (11.25%), Vitamin D: 1.62µg (10.83%), Vitamin A: 361.49IU (7.23%), Vitamin K: 6.93µg (6.6%), Vitamin E: 0.92mg (6.15%), Vitamin C: 2.72mg (3.3%)