



Shrimp Pâté on Crostini

READY IN



45 min.

SERVINGS



12

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette
- ☐ 0.5 cup butter softened
- ☐ 3 ounce cream cheese softened
- ☐ 3 small cucumbers sliced
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 garlic cloves pressed
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 teaspoons fines herbes

- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon salt
- ☐ 2 pounds shrimp fresh unpeeled
- ☐ 6 cups water

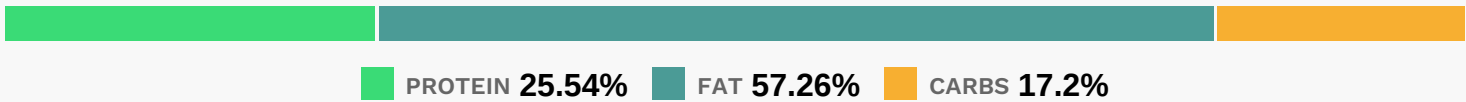
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Bring 6 cups water to a boil in a Dutch oven; add shrimp, and cook 3 to 5 minutes or just until shrimp turn pink.
- ☐ Drain; rinse with cold water. Peel shrimp; devein, if desired. Coarsely chop shrimp. Toss with lemon juice.
- ☐ Combine butter and cream cheese.
- ☐ Add mayonnaise and next 6 ingredients; fold in shrimp mixture.
- ☐ Spoon into a lightly greased 4-cup mold or an 8- x 4-inch loafpan; cover and chill 8 to 10 hours.
- ☐ Cut baguette into 1/4-inch-thick slices, and place on a baking sheet.
- ☐ Bake at 350 for 3 to 4 minutes on each side. Cool on wire racks.
- ☐ Unmold pt, and spread on baguette slices; top with cucumber.

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:7.21, Inflammation Score:-5, Nutrition Score:9.0173913600004%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 282.84kcal (14.14%), Fat: 18.1g (27.85%), Saturated Fat: 4.31g (26.93%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 11.36g (4.13%), Sugar: 1.97g (2.19%), Cholesterol: 132.79mg (44.26%), Sodium: 445.62mg (19.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.17g (36.34%), Vitamin K: 44.35µg (42.24%), Phosphorus: 205mg (20.5%), Copper: 0.38mg (19%), Vitamin A: 641.01IU (12.82%), Magnesium: 40.73mg (10.18%), Calcium: 97.74mg (9.77%), Manganese: 0.19mg (9.58%), Vitamin B1: 0.14mg (9.49%), Zinc: 1.35mg (9%), Potassium: 313.65mg (8.96%), Iron: 1.55mg (8.62%), Folate: 32.59µg (8.15%), Selenium: 4.61µg (6.59%), Vitamin B2: 0.1mg (6.06%), Vitamin C: 4.95mg (5.99%), Vitamin E: 0.79mg (5.26%), Vitamin B3: 1.02mg (5.08%), Fiber: 0.88g (3.52%), Vitamin B6: 0.07mg (3.32%), Vitamin B5: 0.25mg (2.55%)