



Shrimp Phyllo Purses with Tomato Chermoula Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bean thread noodles hot minced drained
- ☐ 6 teaspoons breadcrumbs dried plain
- ☐ 0.5 cup butter melted (1 stick)
- ☐ 6 chives fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 cups green onions chopped

- ☐ 1.5 teaspoons ground cumin
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 13 inch sheets x13-inch phyllo pastry frozen thawed
- ☐ 12 ounces shrimp deveined uncooked peeled coarsely chopped
- ☐ 1 teaspoon paprika sweet
- ☐ 6 servings tomato chermoula sauce

Equipment

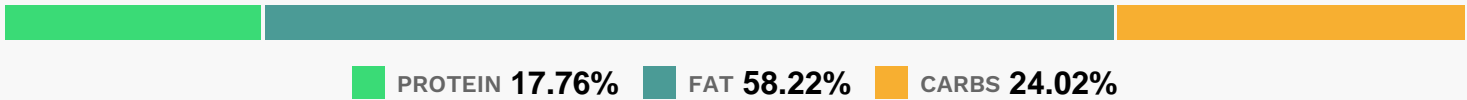
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Heat oil in heavy large skillet over medium heat.
- ☐ Add green onions, garlic, cumin, and paprika and sauté until onions begin to soften, about 3 minutes.
- ☐ Add shrimp and sauté until cooked through, about 3 minutes.
- ☐ Remove from heat. Stir in minced bean threads, cilantro, parsley, and lemon juice. Season filling with salt and pepper. Set aside.
- ☐ Lightly butter large baking sheet. Stack phyllo sheets on work surface.
- ☐ Cut sheets in half crosswise to form eighteen 13x8 1/2-inch rectangles. Stack all rectangles. Using 8-inch-diameter plate as guide, trace circle atop phyllo stack.
- ☐ Cut all phyllo sheets, forming eighteen 8-inch-diameter rounds. Cover rounds with damp paper towel to prevent drying.
- ☐ Place 1 phyllo round on work surface; brush with melted butter. Top with second phyllo round; brush with melted butter. Top with third phyllo round; brush with melted butter.
- ☐ Sprinkle with 1 teaspoon breadcrumbs.

- ☐ Place 1/16 of filling in center of phyllo. Enclose filling by gathering phyllo and carefully twisting top to form purse.
- ☐ Transfer phyllo purse to prepared baking sheet. Repeat with remaining phyllo rounds, melted butter, breadcrumbs, and filling, forming 6 phyllo purses total.
- ☐ Brush phyllo purses with butter. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Preheat oven to 400°F.
- ☐ Bake phyllo purses until golden and heated through, about 12 minutes. Carefully tie 1 chive around twisted section of each phyllo purse, forming knot.
- ☐ Transfer 1 phyllo purse to each of 6 plates. Spoon some Tomato Chermoula Sauce around each phyllo purse and serve.
- ☐ * Bean thread noodles (clear dried noodles, also known as cellophane or transparent noodles) are sold at Asian markets and in the Asian foods section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:3.83, Inflammation Score:-8, Nutrition Score:16.632608698762%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 317.58kcal (15.88%), Fat: 21.38g (32.9%), Saturated Fat: 10.62g (66.35%), Carbohydrates: 19.85g (6.62%), Net Carbohydrates: 16.55g (6.02%), Sugar: 5.58g (6.2%), Cholesterol: 131.96mg (43.99%), Sodium: 820.5mg (35.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.35%), Vitamin K: 136.01µg (129.53%), Vitamin A: 1875.87IU (37.52%), Vitamin C: 23.29mg (28.23%), Vitamin E: 3.24mg (21.61%), Copper: 0.42mg (21.23%), Potassium: 671.85mg (19.2%), Phosphorus: 189.08mg (18.91%), Iron: 3.05mg (16.96%), Manganese: 0.31mg (15.25%), Fiber: 3.29g (13.18%), Magnesium: 52.51mg (13.13%), Folate: 48.3µg (12.07%), Calcium: 101.39mg (10.14%), Vitamin B3: 1.89mg (9.47%), Zinc: 1.35mg (9.03%), Vitamin B2: 0.15mg (9%), Vitamin B6: 0.18mg (8.92%), Vitamin B1: 0.12mg

(7.91%), Selenium: 3.59µg (5.12%), Vitamin B5: 0.5mg (5.02%)