

Shrimp Puffs

READY IN



45 min.

SERVINGS



48

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.3 cup celery hearts finely chopped
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons green onion chopped
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup bell pepper red finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 12 ounce shrimp frozen thawed cooked drained
- ☐ 2 tablespoons relish sweet
- ☐ 1 cup water

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Combine water and butter in a saucepan; bring to a boil.
- ☐ Add flour, stirring vigorously over low heat 1 minute or until mixture leaves sides of pan and forms a smooth ball.
- ☐ Remove from heat; let cool slightly.
- ☐ Add eggs, one at a time, beating with a wooden spoon after each addition; beat until batter is smooth. Drop by teaspoonfuls about 2 inches apart on ungreased baking sheets.
- ☐ Bake at 425 for 20 minutes or until golden brown and puffed. Cool away from drafts on wire racks.
- ☐ Cut top off mini puffs; pull out and discard soft dough inside. Reserve tops.
- ☐ Set aside 1/4 cup shrimp; finely chop remaining shrimp.
- ☐ Add chopped shrimp to remaining ingredients, mixing well. Spoon 1 heaping teaspoon of shrimp mixture into mini puffs; replace tops. Arrange on serving platter, and garnish with reserved shrimp.
- ☐ Note: Other chopped seafood, ham, or chicken may be substituted for shrimp.

Nutrition Facts



 PROTEIN **16.14%**  FAT **66.65%**  CARBS **17.21%**

Properties

Glycemic Index:6.52, Glycemic Load:1.46, Inflammation Score:-1, Nutrition Score:1.4856521746387%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 54.92kcal (2.75%), Fat: 4.08g (6.28%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.28g (0.31%), Cholesterol: 31.11mg (10.37%), Sodium: 73.77mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.45%), Vitamin K: 5.3µg (5.04%), Selenium: 2.09µg (2.99%), Phosphorus: 26.98mg (2.7%), Vitamin A: 120.1IU (2.4%), Vitamin C: 1.69mg (2.04%), Vitamin B2: 0.03mg (1.91%), Folate: 7.47µg (1.87%), Copper: 0.04mg (1.85%), Vitamin B1: 0.02mg (1.56%), Iron: 0.24mg (1.36%), Vitamin E: 0.19mg (1.29%), Manganese: 0.03mg (1.28%), Zinc: 0.17mg (1.15%)