

## Shrimp Scampi Cheesecake Appetizer

READY IN



70 min.

SERVINGS



12

CALORIES



1820 kcal

### Ingredients

- ☐ 4 tablespoons butter
- ☐ 24 ounce cream cheese softened
- ☐ 4 eggs
- ☐ 6 teaspoons garlic minced
- ☐ 16 ounces gouda cheese smoked grated
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon olive oil
- ☐ 1 onion
- ☐ 12 shells puff pastry
- ☐ 2 teaspoons salt

☐ 1 pound shrimp fresh deveined peeled

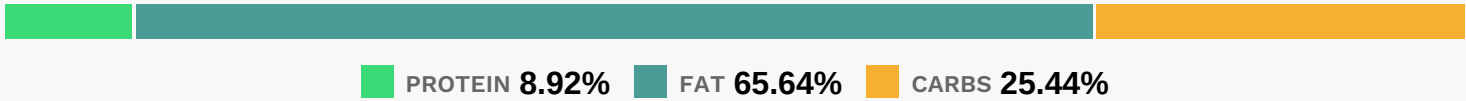
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large skillet over medium-low heat, warm oil and saute onions and garlic until onions are translucent; set aside to cool. When cool, pour off liquid reserving garlic.
- ☐ Cut shrimp into 1/2 inch pieces, reserving 12 uncut for garnish. In a large skillet over medium-low heat, melt butter and add reserved garlic and all shrimp; cook shrimp for 2 to 4 minutes or until done.
- ☐ Remove center circle and a small portion of inside of cooled puff pastry shells.
- ☐ In a medium bowl, beat cream cheese until creamy; add one egg at a time and beat until well mixed.
- ☐ Add cream, Gouda, onions, shrimp and salt.
- ☐ Spoon filling into puff pastry shells.
- ☐ Bake in preheated oven for 20 to 25 minutes or until filling is browned on top.
- ☐ Garnish with whole shrimp and chopped chives; serve.

## Nutrition Facts



## Properties

Glycemic Index:13.92, Glycemic Load:61.22, Inflammation Score:-8, Nutrition Score:32.297391196956%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 1819.55kcal (90.98%), Fat: 133.31g (205.1%), Saturated Fat: 45.45g (284.09%), Carbohydrates: 116.25g (38.75%), Net Carbohydrates: 112.38g (40.87%), Sugar: 5.53g (6.15%), Cholesterol: 226.98mg (75.66%), Sodium: 1598.38mg (69.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.75g (81.5%), Selenium: 74.71µg (106.72%), Vitamin B1: 1.01mg (67.67%), Manganese: 1.26mg (63.03%), Vitamin B2: 1.04mg (61.27%), Phosphorus: 535.76mg (53.58%), Folate: 213.26µg (53.32%), Vitamin B3: 10.33mg (51.63%), Vitamin K: 42.63µg (40.6%), Calcium: 389.52mg (38.95%), Iron: 6.94mg (38.57%), Vitamin A: 1368.95IU (27.38%), Zinc: 3.81mg (25.4%), Copper: 0.47mg (23.55%), Magnesium: 72.39mg (18.1%), Vitamin E: 2.46mg (16.42%), Fiber: 3.86g (15.45%), Vitamin B12: 0.86µg (14.3%), Potassium: 420.93mg (12.03%), Vitamin B6: 0.17mg (8.59%), Vitamin B5: 0.73mg (7.26%), Vitamin D: 0.64µg (4.27%), Vitamin C: 1.22mg (1.47%)