



Shrimp Tarts

 Gluten Free

READY IN



35 min.

SERVINGS



24

CALORIES



29 kcal

Ingredients

- ☐ 0.5 cup milk
- ☐ 0.3 cup cream sour
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 2 eggs
- ☐ 0.7 cup parmesan shredded
- ☐ 0.5 cup shrimp cooked chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 0.5 cup frangelico

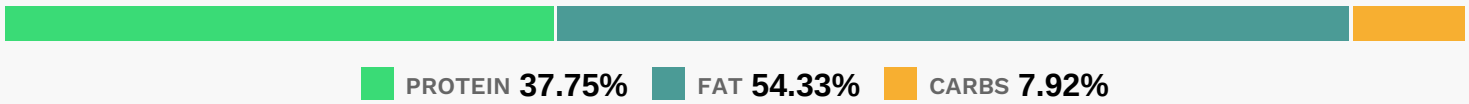
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Spray 24 miniature (1 3/4x1 inch) muffin cups with cooking spray.
- ☐ In medium bowl, beat Bisquick mix, milk, sour cream, Worcestershire sauce and eggs with spoon until blended. Stir in remaining ingredients. Spoon about 1 tablespoon mixture into each muffin cup.
- ☐ Bake 15 to 20 minutes or until golden. Cool 5 minutes. Loosen sides of tarts from pan; remove from pan.

Nutrition Facts



Properties

Glycemic Index:4.04, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.3056521704016%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 28.55kcal (1.43%), Fat: 1.72g (2.65%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.54g (0.2%), Sugar: 0.4g (0.44%), Cholesterol: 25.49mg (8.5%), Sodium: 60.04mg (2.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Calcium: 47.65mg (4.77%), Phosphorus: 44.5mg (4.45%), Selenium: 1.94µg (2.78%), Vitamin B2: 0.04mg (2.24%), Vitamin K: 2.27µg (2.16%), Vitamin B12: 0.1µg (1.64%), Vitamin A: 75.14IU (1.5%), Zinc: 0.22mg (1.49%), Copper: 0.02mg (1.22%), Magnesium: 4.46mg (1.12%)