



Shrimp Toast Parisian

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



41 kcal

Ingredients

- 1 egg white
- 1 tsp horseradish prepared kraft
- 2 Tbsp real mayo mayonnaise kraft
- 2 Tbsp pimentos chopped
- 8 oz crescent dinner rolls refrigerated canned
- 0.5 lb shrimp cleaned cooked
- 0.3 cup grey poupon spicy brown mustard hearty

Equipment

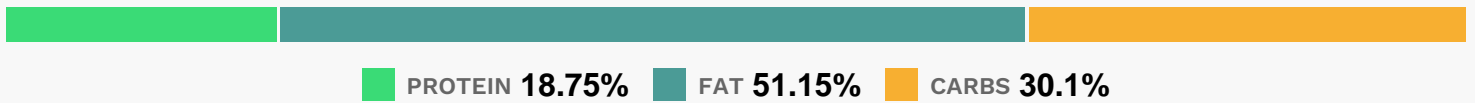
- bowl

- baking sheet
- oven
- whisk

Directions

- Preheat oven to 375F. Separate dough into 8 triangles; cut each triangle crosswise in half to form 2 pieces.
- Place on large ungreased baking sheet; set aside.
- Mix mustard, mayo, pimientos and horseradish in medium bowl until well blended. Beat egg white with wire whisk until soft peaks form; gently stir into mustard mixture.
- Spread about 1 Tbsp. of the mustard mixture onto each dough triangle; top each with 1 shrimp.
- Bake 12 to 15 min. or until golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.6382608698762%

Nutrients (% of daily need)

Calories: 41.23kcal (2.06%), Fat: 2.43g (3.74%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 3.1g (1.13%), Sugar: 0.84g (0.93%), Cholesterol: 12.56mg (4.19%), Sodium: 99.5mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4.01%), Phosphorus: 18.98mg (1.9%), Copper: 0.03mg (1.6%), Vitamin K: 1.61µg (1.54%), Selenium: 0.93µg (1.33%), Vitamin C: 0.88mg (1.07%), Iron: 0.19mg (1.04%)