



## Shrimp Toast Puffs with Two Sauces

READY IN



45 min.

SERVINGS



12

CALORIES



138 kcal

BREAD

### Ingredients

- ☐ 2 slices bacon diced
- ☐ 3 tablespoons butter
- ☐ 6 tablespoons sriracha sweet (such as Taste of Asia)
- ☐ 1 teaspoon chili sauce with garlic (such as ka-me) hot
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 4.5 ounces flour all-purpose
- ☐ 2 tablespoons green onion tops finely chopped

- ☐ 0.3 cup green onions finely chopped
- ☐ 1.5 teaspoons bottled ground ginger fresh (such as Spice World)
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 4 teaspoons seasoned rice vinegar
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.5 teaspoon sugar
- ☐ 1 cup water

## Equipment

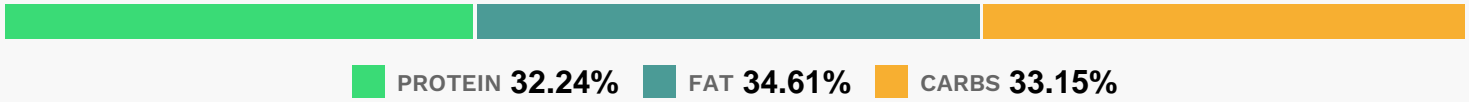
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ wooden spoon
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 42
- ☐ To prepare puffs, place shrimp in a food processor; pulse until finely chopped.
- ☐ Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings in pan (reserve bacon for another use).
- ☐ Add shrimp to reserved drippings in pan, and saute 3 minutes.

- ☐ Add 1/3 cup green onions to pan; saute 1 minute. Stir in ginger.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine 1 cup water, butter, and sugar in a large heavy saucepan; bring to a boil, stirring occasionally with a wooden spoon. Reduce heat to low; add flour, stirring well until mixture is smooth and pulls away from sides of pan.
- ☐ Remove from heat.
- ☐ Add egg whites and egg, 1 at a time; beat with a mixer at medium speed until smooth. Gently stir in shrimp mixture.
- ☐ Drop dough by level tablespoons, 2 inches apart, onto baking sheets coated with cooking spray.
- ☐ Bake at 425 for 10 minutes. Reduce oven temperature to 350 (do not remove puffs from oven); bake an additional 10 minutes or until browned and crisp.
- ☐ To prepare the soy-garlic sauce, combine soy sauce and next 4 ingredients (through oil) in a small bowl, stirring with a whisk.
- ☐ To prepare sweet chili sauce, combine chili garlic sauce and 4 teaspoons vinegar in a small bowl, stirring with a whisk.
- ☐ Serve sauces with shrimp puffs.

## Nutrition Facts



## Properties

Glycemic Index:29.92, Glycemic Load:6.04, Inflammation Score:-2, Nutrition Score:4.840434766334%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 138.24kcal (6.91%), Fat: 5.2g (8%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 10.39g (3.78%), Sugar: 1.91g (2.12%), Cholesterol: 86.3mg (28.77%), Sodium: 723.2mg (31.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.79%), Phosphorus: 118.59mg (11.86%), Manganese: 0.2mg (10.07%), Selenium: 6.97µg (9.96%), Copper: 0.18mg (8.99%), Vitamin K: 8.16µg (7.77%), Vitamin B2: 0.12mg (6.85%), Vitamin B1: 0.1mg (6.69%), Folate: 26.56µg (6.64%), Magnesium: 22.43mg (5.61%), Iron: 0.96mg (5.36%),

Zinc: 0.75mg (5.01%), Potassium: 168.04mg (4.8%), Vitamin B3: 0.9mg (4.48%), Calcium: 35.06mg (3.51%), Fiber: 0.81g (3.25%), Vitamin A: 151.89IU (3.04%), Vitamin B6: 0.03mg (1.75%), Vitamin B5: 0.17mg (1.66%), Vitamin E: 0.2mg (1.33%), Vitamin B12: 0.07µg (1.11%)