

# Savory Shrimp Crostini

Publix Aprons  
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## Servings: 25

8 ounces Neufchâtel or reduced-fat cream cheese

4 ounces crumbled goat cheese

1 cup fresh mild salsa, well drained

1 (8 ounce) bakery baguette (or crispy bagel chips)

12 ounces cooked shrimp, coarsely chopped

In a microwave-safe bowl, combine the cream cheese and goat cheese. Microwave on HIGH for 30 to 45 minutes or until softened. Stir the cheese to blend. Stir in the salsa. Refrigerate for 10 minutes or until chilled.

Cut the baguette into twenty-four 1/2-inch-thick slices. (The bread may be toasted, if desired.)

Spread the cheese mixture over the bread slices. Top with the chopped shrimp.

Serve.

Start to Finish Time: 20 minutes

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Per Serving (excluding unknown items): 34 Calories; 2g Fat (47.8% calories from fat); 4g Protein; trace Carbohydrate; 0g Dietary Fiber; 31mg Cholesterol; 46mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	34
% Calories from Fat:	47.8%
% Calories from Carbohydrates:	1.2%
% Calories from Protein:	51.0%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	31mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

**Dietary Fiber (g):** 0g  
**Protein (g):** 4g  
**Sodium (mg):** 46mg  
**Potassium (mg):** 27mg  
**Calcium (mg):** 46mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 55IU  
**Vitamin A (r.e.):** 16 1/2RE

**Grain (Starch):** 0  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 25

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### Amount Per Serving

**Calories** 34 Calories from Fat: 16

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### % Daily Values\*

<b>Total Fat</b>	2g		3%
	Saturated Fat	1g	6%
<b>Cholesterol</b>	31mg		10%
<b>Sodium</b>	46mg		2%
<b>Total Carbohydrates</b>	trace		0%
	Dietary Fiber	0g	0%
<b>Protein</b>	4g		
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<b>Vitamin A</b>			1%
<b>Vitamin C</b>			0%
<b>Calcium</b>			5%
<b>Iron</b>			3%

\* Percent Daily Values are based on a 2000 calorie diet.