

Mini Shrimp Cocktail Tarts

Food Network Magazine - December 2015

Yield: 15 minitarts

1 box (15 each) frozen phyllo mini-tarts

4 ounces cooked shrimp, chopped

2 to 3 tablespoons cocktail sauce

1/4 cup celery, finely chopped

hot sauce

salt

lemon juice

celery leaves (for garnish)

Preheat the oven to 375 degrees.

Place the frozen mini-tarts on a parchment-lined baking sheet.

Bake the tarts until browned and crisp (about 5 minutes). Remove to a platter to cool.

In a bowl, mix the shrimp, cocktail sauce and celery.

Season with hot sauce, salt and lemon juice to taste.

Refrigerate until cold.

Divide among the prepared shells.

Top with celery leaves.

Keep refrigerated until served.

Start to Finish Time: 20 minutes

You may buy boxes of 15 frozen mini-tarts in your grocers frozen dessert section.

Per Serving (excluding unknown items): 144 Calories; 1g Fat (8.4% calories from fat); 24g Protein; 8g Carbohydrate; 1g Dietary Fiber; 221mg Cholesterol; 524mg Sodium. Exchanges: 3 1/2 Lean Meat; 0 Vegetable; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	144	Vitamin B6 (mg):	.2mg
% Calories from Fat:	8.4%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	21.6%	Thiamin B1 (mg):	trace

% Calories from Protein: 70.0%
Total Fat (g): 1g
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 221mg
Carbohydrate (g): 8g
Dietary Fiber (g): 1g
Protein (g): 24g
Sodium (mg): 524mg
Potassium (mg): 394mg
Calcium (mg): 65mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 513IU
Vitamin A (r.e.): 101RE

Riboflavin B2 (mg): trace
Folacin (mcg): 18mcg
Niacin (mg): 3mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 3 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 144 Calories from Fat: 12

% Daily Values*

Total Fat	1g		2%
	Saturated Fat	trace	1%
Cholesterol	221mg		74%
Sodium	524mg		22%
Total Carbohydrates	8g		3%
	Dietary Fiber	1g	4%
Protein	24g		
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Vitamin A			10%
Vitamin C			16%
Calcium			6%
Iron			21%

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