Mini Shrimp Asparagus Dijonnaise Tart

Servings: 15

1/3 cup light mayonnaise
2 tablespoons Dijon mustard
1/2 teaspoon lemon zest
1/2 teaspoon lemon juice
4 ounces (about five) fresh asparagus stalks
1 box (15 tart shells) Athens mini fillo shells
15 cooked shrimp (70/90 ct) To make the Dijonnaise dressing: In a small bowl, combine the mayonnaise, mustard, lemon zest and lemon juice.

Steam the asparagus. Cut off the tips (reserve for garnish) and cut the remaining stalk into 1/4-inch slices.

Toss the asparagus slices with half of the Dijonnaise dressing.

Spoon one teaspoon of the asparagus pieces into each fillo shell.

Garnish with 1/2 teaspoon of the Dijonnaise, one shrimp and one asparagus tip.

Serve immediately.

Per Serving (excluding unknown items): 14 Calories; 1g Fat (69.1% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 51mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Appetizers

Dar Camina Nutritianal Analysia

Calories (kcal):	14	Vitamin B6 (mg):	trace
% Calories from Fat:	69.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	27.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
		Alcohol (kcal):	0
Polyunsaturated Fat (g):	1g		0.0%
			1

Cholesterol (mg):	2mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	51mg
Potassium (mg):	3mg
Calcium (mg):	2mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	trace
Vitamin A (r.e.):	0RE

Nutrition Facts

Servings per Recipe: 15

Amount Per Serving

Calories 14	Calories from Fat: 10
	% Daily Values*
Total Fat 1g	2%
Saturated Fat trace	1%
Cholesterol 2mg	1%
Sodium 51mg	2%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein trace	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

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

% Dofueo:

0
0
0
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0