

# Shrimp Canape's

*What's Cooking II*

*North American Institute of Modern Cuisine*

## Servings: 24

*1/2 cup shrimp, chopped  
3 tablespoons cream cheese, softened  
1 tablespoon chili sauce  
1 teaspoon horseradish in vinegar  
salt and pepper  
6 bread slices, toasted  
24 baby shrimp  
24 fresh parsley sprigs*

Mix the shrimp, cream cheese, chili sauce and horseradish. Season to taste with salt and pepper. Spread the mixture on the toast. Cut into canape's.

Garnish the canape's with the shrimp and parsley. Serve.

*ASSEMBLING CANAPE'S:  
Preheat the oven to BROIL. Lightly butter the bread slices. Toast in the oven for two minutes or so per side. Add the topping. Remove the crusts to make straight, even sides. Cut each toast slice into four small, equal triangles.*

---

Per Serving (excluding unknown items): 29 Calories; 1g Fat (30.0% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 47mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	29
% Calories from Fat:	30.0%
% Calories from Carbohydrates:	46.4%
% Calories from Protein:	23.6%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	10mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	47mg
Potassium (mg):	28mg
Calcium (mg):	12mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 133IU  
**Vitamin A (r.e.):** 20 1/2RE

**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 24

### Amount Per Serving

**Calories** 29 Calories from Fat: 9

### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	2%
<b>Cholesterol</b>	10mg	3%
<b>Sodium</b>	47mg	2%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	2g	

<b>Vitamin A</b>		3%
<b>Vitamin C</b>		3%
<b>Calcium</b>		1%
<b>Iron</b>		2%

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