

# Shrimp Filled Tiny Puffs

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**Yield: 26 to 30 puffs**

## PUFFS

*1/4 cup water*

*2 tablespoons butter*

*1/4 cup sifted flour*

*1 egg*

*1/8 teaspoon salt*

## FILLING

*1/4 pound shrimp OR one cup  
drained crabmeat*

*1/4 cup celery, diced*

*2 tablespoons green pepper, diced*

*1 hard cooked egg, chopped*

*1/2 teaspoon salt*

*dash pepper*

*2 teaspoons lemon juice*

*2 tablespoons mayonnaise*

Preheat the oven to 400 degrees.

In a saucepan, bring the water and butter to a boil. Add the flour and salt and cook, stirring constantly, until the mixture leaves the side of the pan. Remove from the heat. Add the egg and beat thoroughly.

Drop from a level teaspoon into 26 to 30 tiny balls on a greased cookie sheet.

Bake in the oven for 14 to 16 minutes.

Remove from the oven and cool.

To make the filling: Chop the shrimp. Add the celery, green pepper, egg, salt, pepper, lemon juice and mayonnaise. Blend well. Chill.

Just before serving, slit the puffs crosswise and fill with the cold shrimp mixture.

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Per Serving (excluding unknown items): 591 Calories; 52g Fat (76.5% calories from fat); 10g Protein; 26g Carbohydrate; 2g Dietary Fiber; 284mg Cholesterol; 1811mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 7 Fat.

## Appetizers

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	591	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	76.5%	<b>Vitamin B12 (mcg):</b>	.8mcg
<b>% Calories from Carbohydrates:</b>	16.8%	<b>Thiamin B1 (mg):</b>	.3mg

<b>% Calories from Protein:</b>	6.7%
<b>Total Fat (g):</b>	52g
<b>Saturated Fat (g):</b>	19g
<b>Monounsaturated Fat (g):</b>	15g
<b>Polyunsaturated Fat (g):</b>	13g
<b>Cholesterol (mg):</b>	284mg
<b>Carbohydrate (g):</b>	26g
<b>Dietary Fiber (g):</b>	2g
<b>Protein (g):</b>	10g
<b>Sodium (mg):</b>	1811mg
<b>Potassium (mg):</b>	246mg
<b>Calcium (mg):</b>	66mg
<b>Iron (mg):</b>	3mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	23mg
<b>Vitamin A (i.u.):</b>	1348IU
<b>Vitamin A (r.e.):</b>	316RE

<b>Riboflavin B2 (mg):</b>	.4mg
<b>Folacin (mcg):</b>	48mcg
<b>Niacin (mg):</b>	2mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	n n%

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**Food Exchanges**

<b>Grain (Starch):</b>	1 1/2
<b>Lean Meat:</b>	1
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	7
<b>Other Carbohydrates:</b>	0

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**Nutrition Facts**

**Amount Per Serving**

**Calories** 591                      **Calories from Fat:** 452

**% Daily Values\***

<b>Total Fat</b> 52g	80%
Saturated Fat 19g	96%
<b>Cholesterol</b> 284mg	95%
<b>Sodium</b> 1811mg	75%
<b>Total Carbohydrates</b> 26g	9%
Dietary Fiber 2g	7%
<b>Protein</b> 10g	
<b>Vitamin A</b>	27%
<b>Vitamin C</b>	39%
<b>Calcium</b>	7%
<b>Iron</b>	15%

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