



## Ben's Seafood Dip

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.8 cup celery chopped
- 10.8 ounce cream of mushroom soup canned
- 8 ounce cream cheese
- 0.3 ounce gelatin powder unflavored
- 0.8 cup green onions chopped
- 1.5 cups shrimp deveined cooked peeled
- 0.8 cup water chestnuts drained

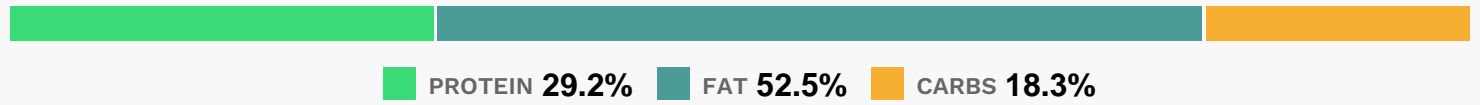
## Equipment

- bowl
- microwave

## Directions

- Place the cream cheese and gelatin in a medium bowl and microwave on high approximately 1 minute, or until melted. Blend until creamy.
- Stir in the cream of mushroom soup, celery, green onions, water chestnuts and shrimp. Chill in the refrigerator approximately 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:15.17, Glycemic Load:0.81, Inflammation Score:-5, Nutrition Score:8.6739130745763%

## Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## Nutrients (% of daily need)

Calories: 245.32kcal (12.27%), Fat: 14.6g (22.45%), Saturated Fat: 8.32g (52.01%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 9.71g (3.53%), Sugar: 2.97g (3.3%), Cholesterol: 135.94mg (45.31%), Sodium: 567mg (24.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.53%), Vitamin K: 30.45µg (29%), Copper: 0.42mg (21.2%), Phosphorus: 198.34mg (19.83%), Vitamin A: 688.96IU (13.78%), Manganese: 0.26mg (12.79%), Zinc: 1.77mg (11.83%), Potassium: 389.54mg (11.13%), Calcium: 92.95mg (9.29%), Vitamin B2: 0.15mg (8.71%), Magnesium: 34.07mg (8.52%), Iron: 1.31mg (7.29%), Fiber: 1.73g (6.92%), Vitamin B6: 0.13mg (6.43%), Selenium: 4.15µg (5.93%), Folate: 22.4µg (5.6%), Vitamin E: 0.65mg (4.32%), Vitamin B5: 0.42mg (4.16%), Vitamin C: 3.31mg (4.01%), Vitamin B3: 0.76mg (3.79%), Vitamin B12: 0.16µg (2.74%), Vitamin B1: 0.03mg (2.23%)