



Best Ever Shrimp Dip

 Gluten Free

READY IN



130 min.

SERVINGS



4

CALORIES



632 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup celery chopped
- ☐ 8 ounce cream cheese softened
- ☐ 1 cup mayonnaise
- ☐ 0.3 cup onion chopped
- ☐ 0.5 pound shrimp cooked peeled

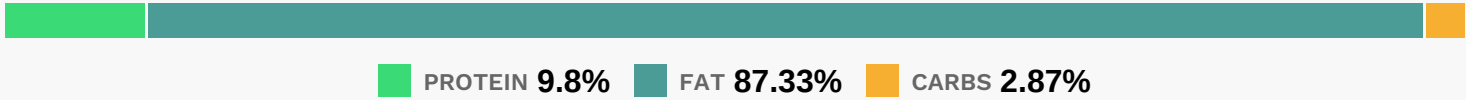
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, mix together cream cheese and mayonnaise.
- ☐ Mix in onion, celery and shrimp meat. Cover bowl, and refrigerate before serving.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.24, Inflammation Score:-5, Nutrition Score:9.8956523265528%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 632.32kcal (31.62%), Fat: 61.7g (94.93%), Saturated Fat: 18.07g (112.93%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 4.3g (1.56%), Sugar: 2.96g (3.29%), Cholesterol: 172.07mg (57.36%), Sodium: 606.56mg (26.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.15%), Vitamin K: 94.36µg (89.87%), Phosphorus: 198.18mg (19.82%), Vitamin A: 826.41IU (16.53%), Vitamin E: 2.34mg (15.62%), Copper: 0.25mg (12.43%), Calcium: 100.59mg (10.06%), Selenium: 6.24µg (8.91%), Vitamin B2: 0.15mg (8.67%), Zinc: 1.15mg (7.68%), Potassium: 266.74mg (7.62%), Magnesium: 27.2mg (6.8%), Vitamin B5: 0.45mg (4.47%), Vitamin B12: 0.19µg (3.2%), Folate: 12.08µg (3.02%), Iron: 0.51mg (2.82%), Vitamin B6: 0.05mg (2.65%), Manganese: 0.05mg (2.41%), Vitamin B1: 0.02mg (1.64%), Vitamin C: 0.94mg (1.13%), Fiber: 0.27g (1.08%)