



## Caramelized Onion-Shrimp Spread

READY IN



30 min.

SERVINGS



18

CALORIES



75 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 tablespoon butter (do not use margarine)
- 1 clove garlic finely chopped
- 0.3 cup apple jelly
- 8 oz cream cheese softened reduced-fat
- 4 oz shrimp frozen thawed cooked drained well (1 cup)
- 1 teaspoon chives fresh chopped
- 36 crackers

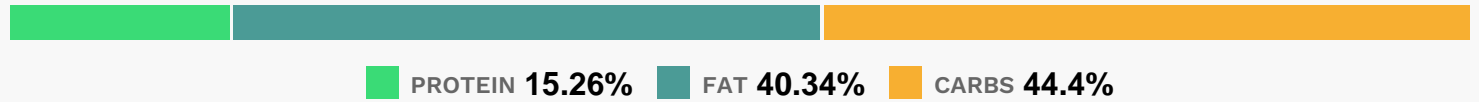
### Equipment

- bowl
- sauce pan

## Directions

- In 1-quart saucepan, melt butter over medium-low heat.
- Add onion; cook 15 minutes, stirring frequently.
- Add garlic; cook 1 minute, stirring occasionally, until onion and garlic are tender and browned. Stir in apple jelly. Cook, stirring constantly, until melted.
- Remove from heat.
- Let stand 5 minutes to cool.
- Meanwhile, in small bowl, stir together cream cheese and shrimp. On 8-inch plate, spread shrimp mixture into a 5-inch round.
- Spoon onion mixture over shrimp mixture.
- Sprinkle with chives.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:7.22, Glycemic Load:1.78, Inflammation Score:-1, Nutrition Score:2.0121739117996%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 75.29kcal (3.76%), Fat: 3.44g (5.29%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 7.84g (2.85%), Sugar: 3.1g (3.44%), Cholesterol: 16.95mg (5.65%), Sodium: 103.85mg (4.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.85%), Manganese: 0.14mg (6.87%), Phosphorus: 53.86mg (5.39%), Copper: 0.06mg (2.96%), Fiber: 0.67g (2.7%), Calcium: 26.37mg (2.64%), Magnesium: 10.09mg (2.52%), Zinc: 0.32mg (2.13%), Potassium: 73.25mg (2.09%), Vitamin A: 99.81IU (2%), Vitamin B12: 0.12µg (1.94%), Vitamin K: 1.89µg (1.8%), Selenium: 1.23µg (1.76%), Vitamin B2: 0.03mg (1.69%), Vitamin B5: 0.16mg (1.59%), Iron: 0.28mg (1.56%), Vitamin B3: 0.3mg (1.48%), Folate: 4.66µg (1.17%), Vitamin B1: 0.02mg (1.14%)