



WHATSheATE



Caribbean Shrimp Spread

 Gluten Free

READY IN



20 min.

SERVINGS



18

CALORIES



50 kcal

CONDIMENT

DIP

SPREAD

Ingredients

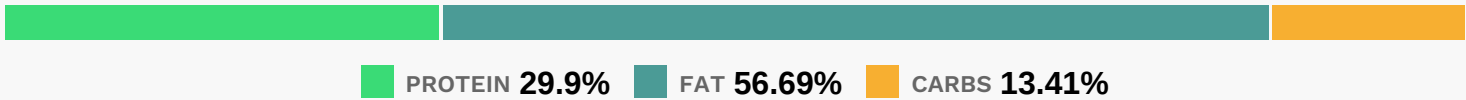
- ☐ 0.5 teaspoon walkerswood jamaican jerk seasoning dry ()
- ☐ 8 oz approx cream cheese spread
- ☐ 0.3 teaspoon lime zest grated
- ☐ 0.5 lb shrimp deveined cooked peeled chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 2 tablespoons bell pepper red chopped
- ☐ 2 tablespoons cheddar cheese shredded
- ☐ 1 serving savory vegetable assorted

Equipment

Directions

- ☐ Stir seasoning into cream cheese container.
- ☐ Spread mixture on large serving plate or dinner plate.
- ☐ Top with lime peel, shrimp, onions, bell pepper and cheese.
- ☐ Serve immediately with crackers or vegetables, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:1.5521739115534%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 49.92kcal (2.5%), Fat: 3.16g (4.86%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 1.68g (0.56%), Net Carbohydrates: 1.4g (0.51%), Sugar: 0.47g (0.53%), Cholesterol: 29.04mg (9.68%), Sodium: 83.18mg (3.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Vitamin A: 448.57IU (8.97%), Phosphorus: 35.23mg (3.52%), Calcium: 32.39mg (3.24%), Vitamin K: 3.01µg (2.86%), Copper: 0.06mg (2.81%), Vitamin C: 2.12mg (2.57%), Magnesium: 6.36mg (1.59%), Zinc: 0.24mg (1.58%), Potassium: 51.83mg (1.48%), Fiber: 0.28g (1.12%), Manganese: 0.02mg (1.05%)