



Chardonnay Shrimp Spread

READY IN



75 min.

SERVINGS



24

CALORIES



78 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 24 servings boston lettuce
- 48 round buttery crackers
- 8 oz cream cheese softened
- 1 teaspoon dijon mustard
- 3 tablespoons spring onion finely chopped
- 3 tablespoons salad dressing
- 7 oz shrimp frozen thawed cooked drained
- 0.5 cup wine

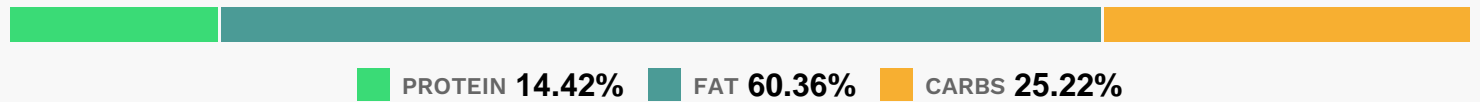
Equipment

bowl

Directions

- Coarsely chop shrimp.
- Place shrimp in small glass bowl.
- Pour wine over shrimp; toss to coat. Cover; refrigerate at least 1 hour to blend flavors.
- Drain shrimp, reserving wine.
- In another small bowl, mix cream cheese, mayonnaise, 2 tablespoons of the onions and the mustard with spoon. Fold in shrimp. If a thinner consistency is desired, stir in small amount of reserved wine.
- Line small serving bowl with Bibb lettuce. Spoon shrimp spread into bowl.
- Sprinkle remaining 1 tablespoon onion over top.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.8326086745314%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 78.42kcal (3.92%), Fat: 5.07g (7.79%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 4.58g (1.67%), Sugar: 1.1g (1.23%), Cholesterol: 22.86mg (7.62%), Sodium: 112.52mg (4.89%), Alcohol: 0.51g (100%), Alcohol %: 2.01% (100%), Protein: 2.72g (5.45%), Vitamin K: 6.78µg (6.45%), Phosphorus: 46.18mg (4.62%), Vitamin A: 168.29IU (3.37%), Calcium: 25.4mg (2.54%), Vitamin B2: 0.04mg (2.34%), Manganese:

0.05mg (2.32%), Vitamin E: 0.34mg (2.24%), Copper: 0.04mg (2.15%), Iron: 0.37mg (2.04%), Vitamin B1: 0.03mg (2.04%), Selenium: 1.21µg (1.73%), Folate: 6.45µg (1.61%), Vitamin B3: 0.32mg (1.59%), Magnesium: 5.85mg (1.46%), Potassium: 51.23mg (1.46%), Zinc: 0.21mg (1.39%)