



## Chardonnay Shrimp Spread

READY IN



75 min.

SERVINGS



24

CALORIES



78 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

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

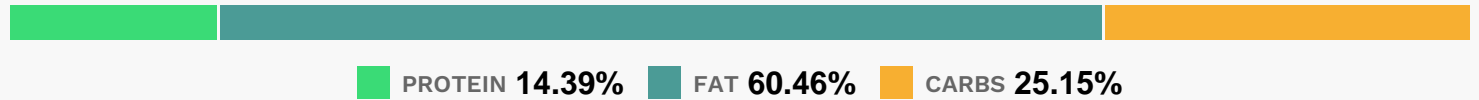
# Equipment

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:1.731739146554%

# 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

# Nutrients (% of daily need)

Calories: 78.3kcal (3.91%), Fat: 5.06g (7.79%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 4.57g (1.66%), Sugar: 1.1g (1.22%), Cholesterol: 22.86mg (7.62%), Sodium: 112.47mg (4.89%), Alcohol: 0.51g (100%), Alcohol %: 2.07% (100%), Protein: 2.71g (5.42%), Vitamin K: 5.8µg (5.52%), Phosphorus: 45.86mg (4.59%), Vitamin A: 136.55IU (2.73%), Calcium: 25.06mg (2.51%), Vitamin B2: 0.04mg (2.3%), Manganese: 0.04mg

(2.24%), Vitamin E: 0.33mg (2.23%), Copper: 0.04mg (2.14%), Vitamin B1: 0.03mg (2.01%), Iron: 0.35mg (1.97%), Selenium: 1.2µg (1.72%), Vitamin B3: 0.31mg (1.57%), Folate: 5.75µg (1.44%), Magnesium: 5.73mg (1.43%), Potassium: 48.94mg (1.4%), Zinc: 0.21mg (1.37%)