

Cold Shrimp Dip

 Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound baby shrimp cooked
- ☐ 0.7 ounce salad dressing mix dry italian-style
- ☐ 16 ounce cup heavy whipping cream sour

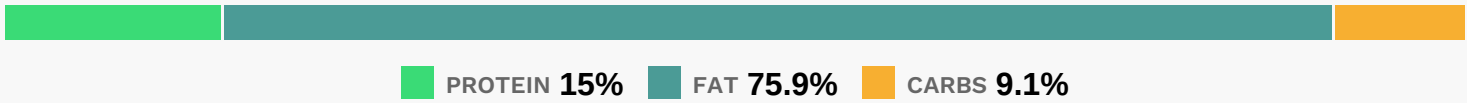
Equipment

- ☐ bowl

Directions

In a medium bowl, mix sour cream, dry Italian-style salad dressing mix and baby shrimp. Chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:10.221304520317%

Nutrients (% of daily need)

Calories: 368.92kcal (18.45%), Fat: 31.49g (48.45%), Saturated Fat: 15.55g (97.21%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 8.49g (3.09%), Sugar: 5.87g (6.52%), Cholesterol: 184.46mg (61.49%), Sodium: 540.45mg (23.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.01%), Selenium: 28.1µg (40.15%), Phosphorus: 300.36mg (30.04%), Vitamin A: 1080.42IU (21.61%), Calcium: 194.39mg (19.44%), Vitamin B12: 1.16µg (19.28%), Vitamin B2: 0.27mg (15.61%), Vitamin E: 1.72mg (11.45%), Vitamin B6: 0.19mg (9.4%), Copper: 0.17mg (8.3%), Zinc: 1.24mg (8.25%), Magnesium: 32.08mg (8.02%), Potassium: 279.98mg (8%), Vitamin B3: 1.49mg (7.47%), Vitamin B5: 0.74mg (7.42%), Vitamin K: 6.2µg (5.9%), Folate: 23.44µg (5.86%), Vitamin B1: 0.05mg (3.11%), Manganese: 0.04mg (2.03%), Vitamin C: 1.39mg (1.68%), Iron: 0.28mg (1.57%)