



Creamy Shrimp Dip

 Gluten Free

READY IN



25 min.

SERVINGS



32

CALORIES



7 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons skim milk fat-free (skim)
- 1 teaspoon lemon pepper
- 4 oz shrimp drained canned
- 1 tablespoon spring onion sliced (1 medium)
- 1 tablespoon bell pepper green chopped
- 2 large bell pepper red cut into 1 1/2-inch pieces
- 32 leaves flat parsley

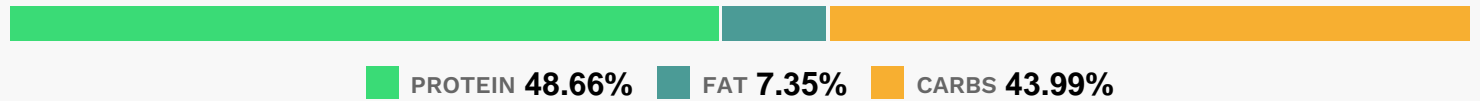
Equipment

bowl

Directions

- In small bowl, mix cream cheese, milk and lemon-herb seasoning; beat until smooth.
- Add shrimp, green onion and bell pepper; mix well.
- Scoop into red bell pepper pieces. Cover and refrigerate until serving time. Just before serving, top with parsley leaf.

Nutrition Facts



Properties

Glycemic Index:5.35, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:2.5213043296143%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 6.79kcal (0.34%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.54g (0.2%), Sugar: 0.52g (0.58%), Cholesterol: 5.75mg (1.92%), Sodium: 5.81mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.81%), Vitamin C: 14.72mg (17.84%), Vitamin K: 17.41µg (16.58%), Vitamin A: 411.32IU (8.23%), Vitamin B6: 0.03mg (1.62%), Folate: 6.42µg (1.61%), Phosphorus: 12.56mg (1.26%), Potassium: 40.73mg (1.16%), Manganese: 0.02mg (1.15%), Vitamin E: 0.17mg (1.15%), Fiber: 0.27g (1.1%)