



Creamy Shrimp Dip

 Gluten Free

READY IN



25 min.

SERVINGS



20

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 0.8 cup mayonnaise reduced-fat
- ☐ 0.8 cup cream sour low-fat
- ☐ 20 servings salt and pepper

- ☐ 2 spring onion thinly sliced
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 1 tablespoon butter unsalted

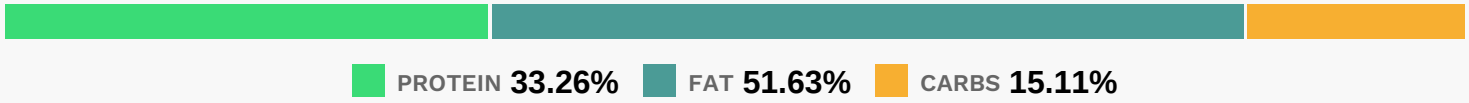
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat. When butter foams, add shrimp, shallot and garlic. Season with salt and pepper and saut until shrimp are just opaque and cooked through, 2 to 3 minutes. Immediately transfer to a plate to cool.
- ☐ When shrimp are cool, transfer to a food processor. Pulse with lemon zest and scallions until chopped but still chunky.
- ☐ In a large bowl, combine mayonnaise and sour cream.
- ☐ Add lemon juice, hot sauce and parsley. Stir in shrimp mixture and season with additional salt and pepper. Cover and chill for at least 1 hour. Taste and adjust seasoning.
- ☐ Serve with crudits, pita chips or crackers, if desired.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:2.0021738895903%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg,

Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 59.77kcal (2.99%), Fat: 3.48g (5.35%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.64g (0.71%), Cholesterol: 42.38mg (14.13%), Sodium: 303.54mg (13.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Vitamin K: 10.4µg (9.91%), Phosphorus: 59.29mg (5.93%), Copper: 0.1mg (4.89%), Calcium: 31.02mg (3.1%), Potassium: 99.39mg (2.84%), Magnesium: 10.21mg (2.55%), Zinc: 0.38mg (2.53%), Vitamin C: 2.06mg (2.5%), Vitamin A: 81.2IU (1.62%), Vitamin E: 0.24mg (1.59%), Manganese: 0.03mg (1.36%), Iron: 0.22mg (1.2%), Vitamin B6: 0.02mg (1.01%)