



## Delicious Shrimp Dip

 Gluten Free

READY IN



245 min.

SERVINGS



5

CALORIES



736 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 teaspoons celery salt
- 8 ounce cream cheese softened
- 3 tablespoons parsley dried
- 1 pinch garlic salt
- 1.5 cups mayonnaise
- 1.5 teaspoons onion salt
- 4 ounce shrimp drained canned
- 8 ounce cup heavy whipping cream sour

3 tablespoons worcestershire sauce

## Equipment

mixing bowl

## Directions

In a medium-sized mixing bowl, combine sour cream, cream cheese, mayonnaise, Worcestershire sauce, parsley, onion salt, celery salt and garlic salt.

Mix well. Fold in drained shrimp meat. Cover and chill at least 4 hours, to allow flavors to blend.

## Nutrition Facts

 **PROTEIN 5.08%** **FAT 90.84%** **CARBS 4.08%**

## Properties

Glycemic Index:15.4, Glycemic Load:0.87, Inflammation Score:-7, Nutrition Score:11.286956507227%

## Flavonoids

Apigenin: 54.04mg, Apigenin: 54.04mg, Apigenin: 54.04mg, Apigenin: 54.04mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.97mg, Isorhamnetin: 3.97mg, Isorhamnetin: 3.97mg, Isorhamnetin: 3.97mg

## Nutrients (% of daily need)

Calories: 736.16kcal (36.81%), Fat: 74.85g (115.15%), Saturated Fat: 21.65g (135.29%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 7.23g (2.63%), Sugar: 4.74g (5.27%), Cholesterol: 137.31mg (45.77%), Sodium: 2151.26mg (93.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.84%), Vitamin K: 127.58µg (121.51%), Vitamin A: 966.77IU (19.34%), Vitamin E: 2.88mg (19.22%), Phosphorus: 157.01mg (15.7%), Vitamin B2: 0.24mg (13.83%), Calcium: 135.16mg (13.52%), Selenium: 7.35µg (10.5%), Potassium: 303.97mg (8.68%), Copper: 0.15mg (7.43%), Manganese: 0.14mg (7.18%), Iron: 1.16mg (6.43%), Magnesium: 23.39mg (5.85%), Zinc: 0.87mg (5.8%), Vitamin B5: 0.54mg (5.39%), Vitamin B12: 0.28µg (4.59%), Vitamin C: 3.23mg (3.92%), Folate: 13.14µg (3.28%), Vitamin B6: 0.06mg (3.01%), Vitamin B1: 0.04mg (2.38%), Vitamin B3: 0.27mg (1.37%), Fiber: 0.32g (1.28%)