



Dilled Shrimp Spread

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



596 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 rib celery stalks chopped
- ☐ 1 teaspoon celery seed
- ☐ 2 tablespoons chili sauce
- ☐ 4 servings round buttery crackers
- ☐ 2 tablespoons optional: dill fresh chopped to taste
- ☐ 1 garlic clove finely chopped
- ☐ 1 cup mayonnaise
- ☐ 0.5 medium onion chopped

- ☐ 0.3 cup safflower oil
- ☐ 1 teaspoon salt to taste

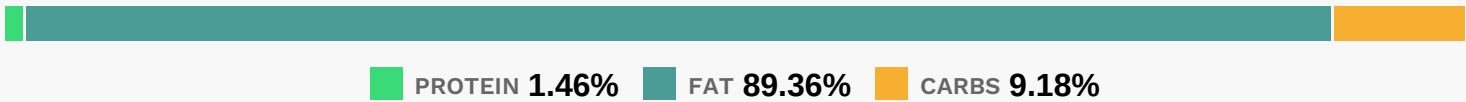
Equipment

- ☐ food processor
- ☐ bowl
- ☐ colander

Directions

- ☐ Cook shrimp in boiling salted water, stirring once or twice, until pink and just cooked through, 1 to 2 minutes.
- ☐ Drain in a colander and cool completely. Blend garlic, mayonnaise, oil, chili sauce, dill, celery seeds, and salt in a food processor until smooth.
- ☐ Add shrimp, celery, and onion and pulse until shrimp is chopped.
- ☐ Transfer to a serving bowl and chill, covered, until cold, about 1 hour.
- ☐ You can chill spread up to 2 days.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.52, Inflammation Score:-3, Nutrition Score:9.4443479672722%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 3.82mg, Luteolin: 3.82mg, Luteolin: 3.82mg, Luteolin: 3.82mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 595.6kcal (29.78%), Fat: 59.4g (91.38%), Saturated Fat: 8.47g (52.95%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 12.87g (4.68%), Sugar: 3.22g (3.58%), Cholesterol: 23.52mg (7.84%), Sodium: 1180.59mg (51.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin K: 100.85µg (96.05%), Vitamin

E: 7.2mg (47.97%), Manganese: 0.16mg (8.15%), Phosphorus: 67.46mg (6.75%), Iron: 1.18mg (6.54%), Vitamin B1: 0.09mg (6.19%), Vitamin B3: 0.94mg (4.71%), Folate: 18.16µg (4.54%), Calcium: 44.95mg (4.5%), Vitamin B2: 0.07mg (3.83%), Fiber: 0.87g (3.47%), Selenium: 2.35µg (3.35%), Vitamin C: 2.72mg (3.3%), Vitamin B6: 0.06mg (2.85%), Copper: 0.06mg (2.78%), Potassium: 90.97mg (2.6%), Vitamin A: 105.68IU (2.11%), Magnesium: 8.44mg (2.11%), Vitamin B5: 0.18mg (1.79%), Zinc: 0.26mg (1.76%), Vitamin B12: 0.07µg (1.12%)