



Easiest Minute Shrimp Sauce

READY IN



15 min.

SERVINGS



6

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 10.8 ounce condensed cream of shrimp soup canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 10.8 fluid ounces milk
- ☐ 0.5 cup cheddar cheese shredded

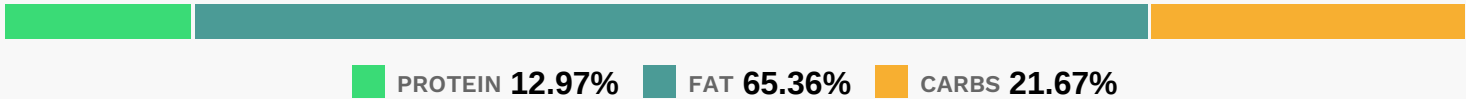
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan, melt butter and stir in the flour.
- ☐ Pour in soup, milk and cheese. Stir until well blended.
- ☐ Heat over medium heat until thickened.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:2.38, Inflammation Score:-3, Nutrition Score:5.2130434924494%

Nutrients (% of daily need)

Calories: 149.34kcal (7.47%), Fat: 10.97g (16.88%), Saturated Fat: 5.76g (36.03%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 7.81g (2.84%), Sugar: 3.27g (3.64%), Cholesterol: 31.39mg (10.46%), Sodium: 373.87mg (16.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Calcium: 149.49mg (14.95%), Phosphorus: 115.7mg (11.57%), Vitamin K: 9.46µg (9.01%), Vitamin A: 440.04IU (8.8%), Vitamin B2: 0.15mg (8.73%), Selenium: 5.48µg (7.83%), Vitamin B5: 0.72mg (7.2%), Vitamin B12: 0.41µg (6.9%), Vitamin E: 0.91mg (6.09%), Manganese: 0.12mg (6.08%), Zinc: 0.65mg (4.3%), Vitamin D: 0.64µg (4.26%), Vitamin B1: 0.06mg (4.26%), Potassium: 140.29mg (4.01%), Copper: 0.06mg (3.23%), Magnesium: 12.08mg (3.02%), Vitamin B6: 0.05mg (2.26%), Iron: 0.39mg (2.14%), Folate: 7.71µg (1.93%), Vitamin B3: 0.34mg (1.72%), Fiber: 0.37g (1.49%)