

Easy Shrimp Dip

 Gluten Free

READY IN



5 min.

SERVINGS



10

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 8 ounce cocktail sauce
- ☐ 4.5 ounce shrimp drained canned

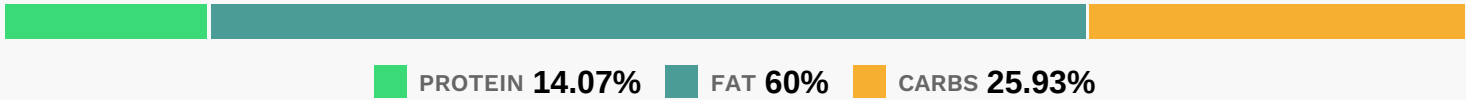
Equipment

- ☐ bowl

Directions

- ☐
- Place the cream cheese in the center of a serving platter.
- ☐
- In a small bowl, gently blend the shrimp and cocktail sauce.
- ☐
- Pour the mixture over the cream cheese. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:1.4999999912537%

Nutrients (% of daily need)

Calories: 117.89kcal (5.89%), Fat: 7.89g (12.14%), Saturated Fat: 4.59g (28.71%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 7.67g (2.79%), Sugar: 6.09g (6.77%), Cholesterol: 43.45mg (14.48%), Sodium: 358.55mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Vitamin A: 304.59IU (6.09%), Phosphorus: 51.57mg (5.16%), Vitamin B2: 0.05mg (3.07%), Calcium: 30.16mg (3.02%), Selenium: 1.95µg (2.79%), Copper: 0.05mg (2.7%), Zinc: 0.28mg (1.9%), Potassium: 63.62mg (1.82%), Magnesium: 6.51mg (1.63%), Vitamin E: 0.19mg (1.3%), Vitamin B5: 0.13mg (1.29%)