



Garlic-Shrimp Spread

READY IN



35 min.

SERVINGS



35

CALORIES



163 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 clove garlic minced
- 8 oz philadelphia neufchatel cheese softened
- 0.5 lb shrimp cooked chopped
- 0.3 cup milk mozzarella cheese shredded 2% kraft
- 35 servings woven wheat crackers

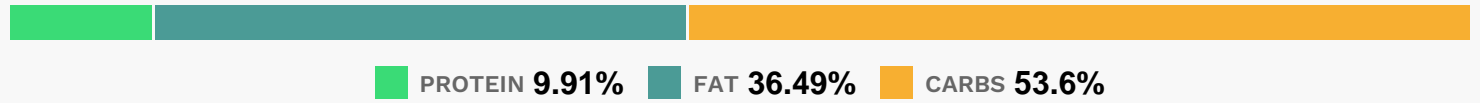
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350F.
- Mix all ingredients except crackers.
- Spoon into 1-1/2- to 2-cup ovenproof casserole dish.
- Bake 20 to 25 min. or until heated through.
- Serve as a spread with the crackers.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.1721739160788%

Nutrients (% of daily need)

Calories: 162.69kcal (8.13%), Fat: 6.65g (10.23%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 19.99g (7.27%), Sugar: 4.15g (4.61%), Cholesterol: 15.86mg (5.29%), Sodium: 261.3mg (11.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Fiber: 1.99g (7.94%), Iron: 0.77mg (4.29%), Calcium: 34.52mg (3.45%), Phosphorus: 25.77mg (2.58%), Copper: 0.03mg (1.37%), Vitamin A: 59.91IU (1.2%), Zinc: 0.16mg (1.1%)