



Grandma Reed's Seafood Spread

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



355 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 5 servings garnish: dill sprigs fresh
- ☐ 3 green onions thinly sliced
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 pound lump crab meat drained
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp unpeeled
- ☐ 5 cups water
- ☐ 1 teaspoon worcestershire sauce

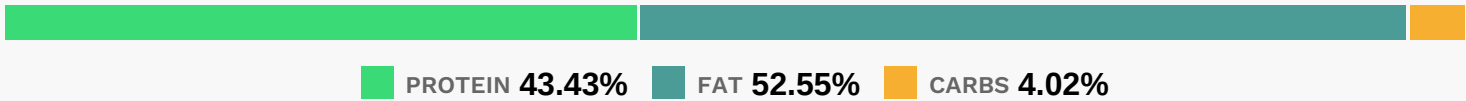
Equipment

- ☐ sauce pan

Directions

- ☐ Boil shrimp in 5 cups water in a medium saucepan 3 to 5 minutes or just until shrimp turn pink.
- ☐ Drain and rinse with cold water.
- ☐ Peel shrimp, and devein, if desired. Chop shrimp.
- ☐ Stir together shrimp, crabmeat, and next 8 ingredients; cover and chill up to 24 hours.
- ☐ Serve on cucumber slices and squash slices or in phyllo cups.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:31.2, Glycemic Load:0.81, Inflammation Score:-5, Nutrition Score:16.104782485768%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 354.83kcal (17.74%), Fat: 20.79g (31.98%), Saturated Fat: 10g (62.51%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.11g (2.34%), Cholesterol: 286.3mg (95.43%), Sodium: 874.66mg (38.03%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.65g (77.3%), Vitamin B12: 4.19µg (69.81%), Copper: 1.01mg (50.39%), Phosphorus: 444.15mg (44.41%), Zinc: 4.82mg (32.11%), Selenium: 20.6µg (29.43%), Vitamin K: 25.17µg (23.97%), Magnesium: 78.38mg (19.6%), Calcium: 166.9mg (16.69%), Potassium: 548mg (15.66%), Vitamin A: 705.53IU (14.11%), Vitamin B2: 0.13mg (7.85%), Vitamin C: 6.23mg (7.55%), Folate: 29.82µg (7.45%), Iron: 1.23mg (6.83%), Vitamin B6: 0.1mg (5.04%), Manganese: 0.09mg (4.63%), Vitamin B5: 0.44mg (4.39%), Vitamin E: 0.62mg (4.14%), Vitamin B3: 0.59mg (2.96%), Vitamin B1: 0.04mg (2.42%)