



## Hot Shrimp Dip

 **Gluten Free**

READY IN



**40 min.**

SERVINGS



**6**

CALORIES



**200 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon garlic minced
- 0.5 cup bell pepper green chopped
- 0.3 teaspoon ground pepper black
- 3 tablespoons mayonnaise
- 1 cup monterrey jack cheese shredded
- 1 teaspoon old bay <sup>TM</sup> seasoning
- 0.5 cup onion chopped
- 0.3 teaspoon salt

- 1 pound shrimp deveined peeled
- 1 teaspoon vegetable oil

## Equipment

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Chop the shrimp into small pieces. In an 8x8 inch baking dish, combine shrimp, yellow onion, bell pepper, garlic, mayonnaise, vegetable oil, Old Bay™ seasoning, black pepper, salt, and 3/4 cup of cheese.
- Mix well, use reserved 1/4 cup cheese to cover the top in an even layer.
- Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes.

## Nutrition Facts

**PROTEIN 40.28%** **FAT 54.35%** **CARBS 5.37%**

## Properties

Glycemic Index:29.33, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:6.96521738042%

## Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

## Nutrients (% of daily need)

Calories: 199.77kcal (9.99%), Fat: 12.15g (18.69%), Saturated Fat: 4.63g (28.96%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.02g (1.14%), Cholesterol: 141.42mg (47.14%), Sodium: 345.55mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.51%), Phosphorus: 255.96mg (25.6%), Calcium: 199.91mg (19.99%), Vitamin K: 17.08µg (16.26%), Copper: 0.32mg (16.22%), Vitamin C: 11.43mg (13.85%), Zinc: 1.65mg (11.03%), Magnesium: 35.41mg (8.85%), Potassium: 266.19mg (7.61%), Manganese: 0.12mg (5.79%), Vitamin B2: 0.08mg (4.95%), Selenium: 3.18µg (4.54%), Iron: 0.76mg (4.24%), Vitamin A: 204.94IU (4.1%), Vitamin B6: 0.08mg (4.02%), Vitamin B12: 0.16µg (2.75%), Vitamin E: 0.39mg (2.63%), Fiber: 0.52g (2.1%), Folate: 8.03µg (2.01%),

Vitamin B1: 0.02mg (1.36%)