

Layered Shrimp Dip

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

3

CALORIES

calories

445 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

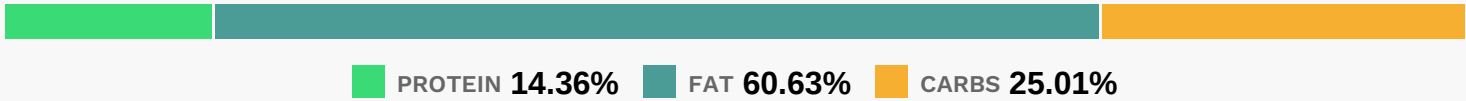
- ☐ 0.5 pound baby shrimp cooked
- ☐ 2.3 ounce olives black drained sliced canned
- ☐ 8 ounce cream cheese softened
- ☐ 3 green onions chopped
- ☐ 8 ounce cocktail sauce

Equipment

Directions

- ☐ Spread cream cheese on a medium round serving platter.
- ☐ Layer with cocktail sauce. Top with baby shrimp, green onions and olives. Chill in the refrigerator at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:1.31, Inflammation Score:-7, Nutrition Score:11.168260926786%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 445.17kcal (22.26%), Fat: 30.12g (46.34%), Saturated Fat: 15.79g (98.71%), Carbohydrates: 27.95g (9.32%), Net Carbohydrates: 26.94g (9.8%), Sugar: 20.7g (23%), Cholesterol: 171.61mg (57.2%), Sodium: 1906.06mg (82.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.06g (32.11%), Selenium: 29.14µg (41.63%), Vitamin A: 1354.57IU (27.09%), Phosphorus: 270.64mg (27.06%), Vitamin K: 26.95µg (25.67%), Vitamin E: 2.52mg (16.83%), Vitamin B12: 1.01µg (16.76%), Calcium: 133.85mg (13.39%), Vitamin B2: 0.2mg (11.55%), Copper: 0.19mg (9.33%), Vitamin B6: 0.18mg (8.9%), Zinc: 1.17mg (7.78%), Vitamin B3: 1.53mg (7.63%), Folate: 29.49µg (7.37%), Magnesium: 28.17mg (7.04%), Vitamin B5: 0.68mg (6.79%), Potassium: 227.27mg (6.49%), Fiber: 1.01g (4.05%), Iron: 0.52mg (2.91%), Vitamin B1: 0.04mg (2.9%), Vitamin C: 2.26mg (2.73%), Manganese: 0.05mg (2.47%)