



Layered Shrimp Spread

READY IN



15 min.

SERVINGS



16

CALORIES



75 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 oz approx cream cheese spread
- ☐ 0.5 cup apricot preserves
- ☐ 2 tablespoons seafood
- ☐ 4 oz shrimp frozen thawed cooked drained
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 0.3 cup fries
- ☐ 1 serving round buttery crackers assorted

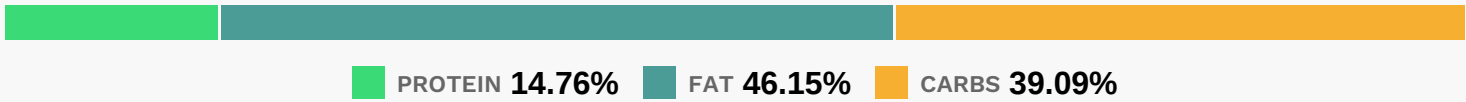
Equipment

☐ bowl

Directions

- ☐ On 10- to 12-inch serving plate, spread cream cheese to within 1 inch of edge of plate. In small bowl, mix preserves and cocktail sauce.
- ☐ Spread over cream cheese.
- ☐ Top evenly with shrimp.
- ☐ Sprinkle with onions and coconut.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:6.02, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:0.96782608395037%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 75.34kcal (3.77%), Fat: 3.93g (6.04%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 7.25g (2.64%), Sugar: 3.75g (4.17%), Cholesterol: 20.2mg (6.73%), Sodium: 120.85mg (5.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Vitamin A: 157.29IU (3.15%), Calcium: 25.44mg (2.54%), Phosphorus: 21.24mg (2.12%), Vitamin K: 2.05µg (1.95%), Copper: 0.04mg (1.91%), Potassium: 43.56mg (1.24%), Vitamin C: 1.02mg (1.24%), Manganese: 0.02mg (1.01%)