



Mini Shrimp Cocktail Bites

READY IN



10 min.

SERVINGS



10

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup philadelphia whipped cream cheese spread
- 0.3 cup green onions finely chopped
- 0.3 cup cocktail sauce kraft
- 16 holiday ritz crackers
- 16 large shrimp fresh cleaned cooked

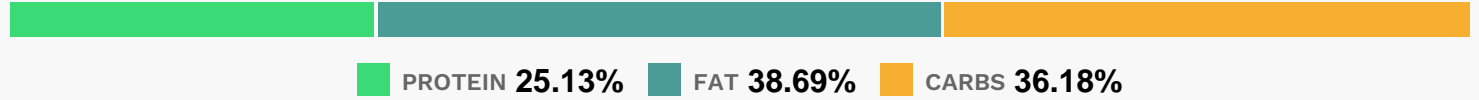
Equipment

Directions

Spread each cracker with 1 tsp. of the cream cheese spread.

Top evenly with the cocktail sauce, shrimp and onions.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.7334782474715%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 66.67kcal (3.33%), Fat: 2.85g (4.38%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.8g (2.11%), Sugar: 2.52g (2.81%), Cholesterol: 30.45mg (10.15%), Sodium: 191.65mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Vitamin K: 9.3µg (8.86%), Phosphorus: 48.58mg (4.86%), Copper: 0.07mg (3.56%), Calcium: 29.11mg (2.91%), Vitamin A: 105.12IU (2.1%), Iron: 0.35mg (1.93%), Manganese: 0.04mg (1.83%), Magnesium: 7.18mg (1.79%), Zinc: 0.26mg (1.71%), Potassium: 57.15mg (1.63%), Vitamin B1: 0.02mg (1.54%), Folate: 5.59µg (1.4%), Vitamin B3: 0.25mg (1.26%), Vitamin E: 0.19mg (1.24%)