



PHILLY Shrimp Cocktail Dip

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 2 green onions sliced
- 0.8 cup cocktail sauce kraft
- 0.3 cup parmesan cheese shredded kraft
- 2 cups shrimp cleaned cooked chopped

Equipment

- bowl

Directions

- Spread cream cheese onto bottom of shallow bowl.
- Toss shrimp with cocktail sauce; spoon over cream cheese.
- Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:0.4, Inflammation Score:-2, Nutrition Score:3.3686956517074%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 151.81kcal (7.59%), Fat: 8.71g (13.4%), Saturated Fat: 5.04g (31.5%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 6.47g (2.35%), Sugar: 5.03g (5.59%), Cholesterol: 100.79mg (33.6%), Sodium: 380.89mg (16.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12g (24.01%), Phosphorus: 143.76mg (14.38%), Copper: 0.19mg (9.59%), Calcium: 83.61mg (8.36%), Vitamin A: 348.04IU (6.96%), Zinc: 0.83mg (5.5%), Vitamin K: 5.49µg (5.23%), Magnesium: 20.18mg (5.05%), Potassium: 163.78mg (4.68%), Vitamin B2: 0.06mg (3.67%), Selenium: 2.53µg (3.61%), Iron: 0.33mg (1.82%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.14mg (1.42%), Vitamin B12: 0.08µg (1.33%), Manganese: 0.02mg (1.12%)