



Salsa Shrimp Dip

READY IN



70 min.

SERVINGS



10

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup celery chopped
- 2 green onions sliced
- 4 oz philadelphia neufchatel cheese softened ()
- 16 oz taco bellâ® & chunky salsa thick
- 6 oz tiny shrimp drained canned
- 10 servings wheat snack crackers reduced-fat thin

Equipment

- bowl

blender

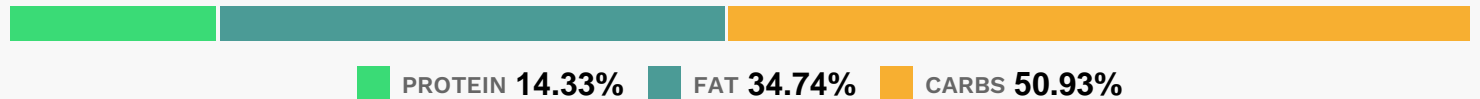
Directions

Beat Neufchatel in small bowl with mixer until creamy. Gradually add salsa, beating after each addition until well blended. Stir in shrimp and vegetables until well blended.

Refrigerate 1 hour.

Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:3.8452174171158%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 196.04kcal (9.8%), Fat: 7.73g (11.89%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 22.55g (8.2%), Sugar: 6.15g (6.83%), Cholesterol: 35.78mg (11.93%), Sodium: 587.02mg (25.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Fiber: 2.94g (11.77%), Vitamin K: 8.55µg (8.14%), Vitamin A: 359.69IU (7.19%), Phosphorus: 68.66mg (6.87%), Iron: 1.06mg (5.92%), Calcium: 59.2mg (5.92%), Potassium: 198.92mg (5.68%), Copper: 0.1mg (5.14%), Vitamin B6: 0.09mg (4.48%), Vitamin E: 0.63mg (4.17%), Magnesium: 14.93mg (3.73%), Manganese: 0.07mg (3.36%), Zinc: 0.43mg (2.85%), Vitamin B3: 0.56mg (2.8%), Vitamin B2: 0.04mg (2.17%), Vitamin C: 1.47mg (1.78%), Vitamin B5: 0.17mg (1.71%), Folate: 6.76µg (1.69%), Vitamin B1: 0.02mg (1.38%), Selenium: 0.78µg (1.12%)