



Shrimp-and-Blue Cheese Spread

READY IN



32 min.

SERVINGS



25

CALORIES



230 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup cheese blue crumbled
- ☐ 1 slices bread french
- ☐ 1 rib celery stalks finely chopped
- ☐ 8 oz cream cheese softened
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 spring onion finely chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 1 cup mayonnaise

- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 2.5 pounds shrimp raw unpeeled ()
- ☐ 25 servings savory vegetable fresh assorted
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup onion diced sweet

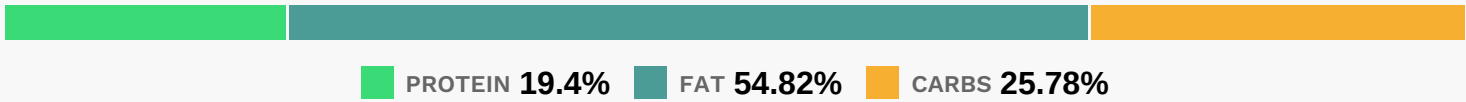
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Peel shrimp; devein, if desired.
- ☐ Saut onion in hot oil in a skillet over medium-high heat 3 minutes or until onion is tender. Stir in shrimp, and cook, stirring occasionally, 3 to 4 minutes or just until shrimp turn pink.
- ☐ Transfer to a bowl, and let stand 15 minutes. Chop shrimp, and return to bowl.
- ☐ Stir in cream cheese and next 10 ingredients. Cover and chill 4 hours. Store in an airtight container up to 2 days.
- ☐ Serve with vegetables and bread slices.
- ☐ *2 1/2 lb. frozen unpeeled, large raw shrimp (21/25), thawed according to package directions, may be substituted.

Nutrition Facts



Properties

Glycemic Index:15.58, Glycemic Load:5.13, Inflammation Score:-10, Nutrition Score:14.373478314151%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 229.72kcal (11.49%), Fat: 14.39g (22.15%), Saturated Fat: 4.67g (29.17%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 11.44g (4.16%), Sugar: 0.84g (0.93%), Cholesterol: 76.84mg (25.61%), Sodium: 513.21mg (22.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.93%), Vitamin A: 4946.83IU (98.94%), Vitamin K: 25.13µg (23.93%), Selenium: 16.55µg (23.65%), Phosphorus: 204.69mg (20.47%), Fiber: 3.79g (15.17%), Manganese: 0.26mg (13.11%), Vitamin C: 10.53mg (12.76%), Folate: 43.84µg (10.96%), Vitamin B3: 2.16mg (10.78%), Vitamin B12: 0.61µg (10.16%), Vitamin B1: 0.15mg (9.75%), Calcium: 93.78mg (9.38%), Vitamin B6: 0.18mg (9.19%), Copper: 0.18mg (9.06%), Magnesium: 36.13mg (9.03%), Vitamin B2: 0.15mg (8.73%), Potassium: 290.86mg (8.31%), Vitamin E: 1.18mg (7.89%), Zinc: 1.11mg (7.39%), Iron: 1.18mg (6.53%), Vitamin B5: 0.48mg (4.8%)