



Shrimp-and-Cheese Appetizer

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

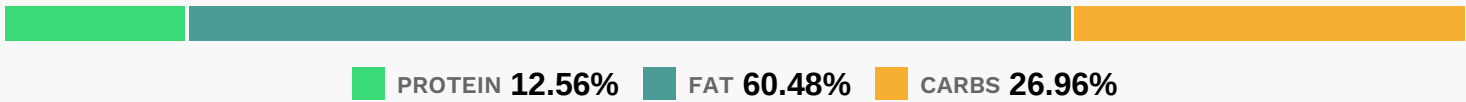
- ☐ 8 ounce cream cheese softened
- ☐ 2 teaspoons cilantro leaves fresh chopped
- ☐ 1 green onion chopped
- ☐ 0.8 cup salsa
- ☐ 0.3 pound shrimp cooked unpeeled
- ☐ 4 servings tortilla chips

Equipment

Directions

- ☐ Peel shrimp, and devein, if desired; chop shrimp.
- ☐ Stir together salsa and cilantro; spoon mixture over cream cheese. Top with shrimp, and sprinkle with green onion.
- ☐ Serve with tortilla chips.
- ☐ Prep: 15 min.
- ☐ Note: You may purchase cooked, peeled shrimp from the seafood department of your supermarket.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:8.2221739343975%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 369.81kcal (18.49%), Fat: 25.54g (39.3%), Saturated Fat: 12.28g (76.75%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 23.15g (8.42%), Sugar: 4.28g (4.75%), Cholesterol: 102.91mg (34.3%), Sodium: 623.91mg (27.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.86%), Vitamin A: 1029.59IU (20.59%), Phosphorus: 201.07mg (20.11%), Vitamin K: 15.46µg (14.72%), Vitamin E: 2.09mg (13.92%), Calcium: 118.67mg (11.87%), Magnesium: 46.47mg (11.62%), Vitamin B2: 0.17mg (9.89%), Fiber: 2.47g (9.88%), Potassium: 334.96mg (9.57%), Selenium: 6.57µg (9.38%), Copper: 0.18mg (9.13%), Vitamin B6: 0.17mg (8.48%), Zinc: 1.16mg (7.73%), Vitamin B5: 0.76mg (7.56%), Iron: 0.89mg (4.92%), Vitamin B1: 0.07mg (4.73%), Vitamin B3: 0.85mg (4.24%), Manganese: 0.08mg (3.78%), Folate: 12.36µg (3.09%), Vitamin B12: 0.12µg (2.08%), Vitamin C: 1.5mg (1.82%)