



Shrimp-Cheese Spread

READY IN



45 min.

SERVINGS



2

CALORIES



280 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 24 melba rounds
- ☐ 2 tablespoons neufcha@gtel cheese softened
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 teaspoon jalapeno finely chopped
- ☐ 1 tablespoon cheddar cheese shredded reduced-fat
- ☐ 0.3 cup nonfat cottage cheese
- ☐ 3 large shrimp fresh unpeeled
- ☐ 2 cups water

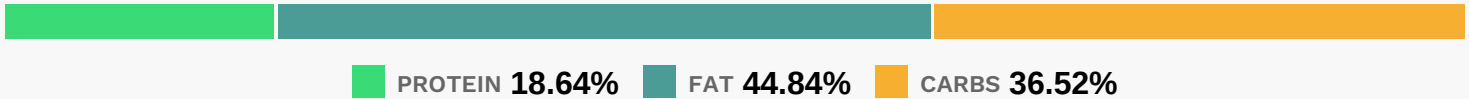
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Bring water to a boil in a medium saucepan; add shrimp, and cook 3 to 5 minutes or until shrimp turns pink.
- ☐ Drain well; rinse with cold water. Peel and devein shrimp. Finely chop shrimp, and set aside.
- ☐ Position knife blade in a miniature food processor bowl; add cottage cheese, Neufcha@Gtel cheese, and mustard. Process 1 minute or until smooth, stopping once to scrape down sides.
- ☐ Transfer mixture to a small bowl. Stir in shrimp, Cheddar cheese, parsley, and jalapeno pepper. Cover and chill thoroughly.
- ☐ Serve with Melba rounds.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:10.700000052867%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 280.43kcal (14.02%), Fat: 13.97g (21.49%), Saturated Fat: 5.07g (31.68%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 24.53g (8.92%), Sugar: 3.68g (4.08%), Cholesterol: 41.86mg (13.95%), Sodium: 600.5mg (26.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.13%), Vitamin K: 51.68µg (49.22%), Phosphorus: 274.2mg (27.42%), Calcium: 221.64mg (22.16%), Selenium: 9.93µg (14.18%), Vitamin B2: 0.24mg

(14.03%), Vitamin B1: 0.18mg (11.86%), Manganese: 0.22mg (11.17%), Iron: 1.94mg (10.77%), Vitamin E: 1.49mg (9.91%), Vitamin B3: 1.88mg (9.4%), Folate: 35.89µg (8.97%), Zinc: 1.23mg (8.21%), Copper: 0.16mg (8.06%), Vitamin A: 357.01IU (7.14%), Vitamin C: 5.64mg (6.83%), Magnesium: 24.75mg (6.19%), Vitamin B12: 0.31µg (5.1%), Potassium: 156.03mg (4.46%), Fiber: 1.07g (4.29%), Vitamin B5: 0.35mg (3.51%), Vitamin B6: 0.05mg (2.6%)