



Shrimp-Chutney Spread

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



77 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 ounce process cream cheese light softened
- 1 tablespoon curry powder
- 1 clove garlic minced
- 0.3 cup green onions finely chopped
- 0.1 teaspoon ground pepper white
- 0.3 cup mango chutney
- 0.5 cup nonfat cream sour
- 0.3 teaspoon salt

- 1 pound shrimp fresh unpeeled
- 3 cups water

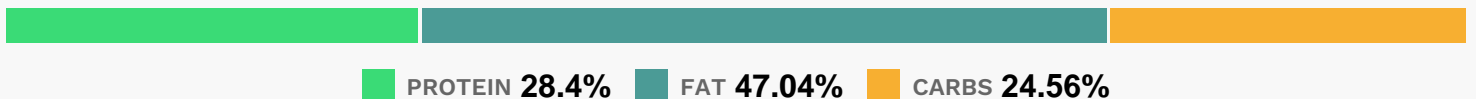
Equipment

- bowl
- sauce pan
- hand mixer

Directions

- Bring water to a boil in a large saucepan; add shrimp, and cook 3 to 5 minutes or until shrimp turn pink.
- Drain well; rinse with cold water. Chill. Peel, devein, and finely chop shrimp. (If desired, peel one shrimp, leaving tail intact; set aside for garnish.)
- Combine cream cheese and next 7 ingredients in a medium bowl; beat at medium speed of an electric mixer until blended. Stir in chopped shrimp.
- Serve with low-fat crackers and raw fresh vegetables. If desired, garnish with reserved shrimp and green onion curls.

Nutrition Facts



Properties

Glycemic Index:7.45, Glycemic Load:1.79, Inflammation Score:-1, Nutrition Score:1.9300000039132%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 76.67kcal (3.83%), Fat: 4.06g (6.25%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.59g (1.67%), Sugar: 2.55g (2.83%), Cholesterol: 48.48mg (16.16%), Sodium: 103.29mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Phosphorus: 68.7mg (6.87%), Copper: 0.11mg (5.28%), Calcium: 37.27mg (3.73%), Vitamin A: 182.39IU (3.65%), Vitamin K: 3.13µg (2.98%), Magnesium: 11.12mg (2.78%), Zinc: 0.41mg (2.76%), Potassium: 94.23mg (2.69%), Vitamin B2: 0.04mg (2.35%), Selenium: 1.45µg (2.07%),

Iron: 0.26mg (1.46%), Manganese: 0.03mg (1.42%), Vitamin E: 0.18mg (1.17%)