



Shrimp Cocktail Spread

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



242 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup green onions sliced
- 0.5 cup cocktail sauce kraft
- 10 servings lettuce leaves
- 10 servings rosemary and olive oil woven wheat crackers
- 0.5 lb shrimp cooked chopped
- 8 oz philadelphia

Equipment

Directions

- Unmold reduced-fat cream cheese onto lettuce-covered plate.
- Top with cocktail sauce, shrimp and onions.
- Serve with crackers.

Nutrition Facts

PROTEIN 10.38% **FAT 80.54%** **CARBS 9.08%**

Properties

Glycemic Index:5.9, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:5.7965217310449%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 241.51kcal (12.08%), Fat: 21.94g (33.75%), Saturated Fat: 6.54g (40.86%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 5.24g (1.9%), Sugar: 3.9g (4.34%), Cholesterol: 59.42mg (19.81%), Sodium: 247.69mg (10.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Vitamin A: 2114.78IU (42.3%), Vitamin E: 2.3mg (15.34%), Vitamin K: 15.8µg (15.05%), Phosphorus: 80.99mg (8.1%), Vitamin C: 4.95mg (6%), Copper: 0.1mg (4.78%), Calcium: 47.69mg (4.77%), Vitamin B2: 0.08mg (4.64%), Manganese: 0.09mg (4.37%), Potassium: 145.71mg (4.16%), Magnesium: 13.77mg (3.44%), Folate: 13.29µg (3.32%), Zinc: 0.48mg (3.19%), Selenium: 2.11µg (3.02%), Iron: 0.49mg (2.7%), Vitamin B1: 0.03mg (2.07%), Vitamin B6: 0.04mg (1.94%), Vitamin B5: 0.13mg (1.32%), Fiber: 0.33g (1.31%)