Shrimp Dip

READY IN	SERVINGS	CALORIES
10 min.	4	688 kcal

ANTIPASTI | STARTER | SNACK | APPETIZER

Ingredients

- [ ] 1 stalk celery diced finely
- [ ] 8 ounce cream cheese
- [ ] 4 servings chives fresh chopped for topping
- [ ] 2 green onions roughly chopped
- [ ] 4 hard-cooked eggs peeled
- [ ] 4 servings pepper jelly for topping
- [ ] 0.5 cup mayonnaise
- [ ] 3 pearl onions thinly sliced
- [ ] 1.5 pounds shrimp deveined cooked peeled

- [ ] 1 tablespoon cup heavy whipping cream sour
- [ ] 4 servings toast points for dipping

Equipment

- [ ] food processor

Directions

- [ ] In a food processor, combine the cream cheese and mayonnaise, and blend until mixed through. Next, add the sour cream and eggs, and mix until combined. Then add in the shrimp, pearl onions, green onions and celery, and process until mixed together. Scoop the dip onto a serving platter and form into a large mound with a hole in the top. Fill the hole with pepper jelly and top with chives.
- [ ] Serve with toast points for dipping.

Nutrition Facts

PROTEIN **26.03%** FAT **61.68%** CARBS **12.29%**

Properties

Glycemic Index:67, Glycemic Load:8.99, Inflammation Score:-6, Nutrition Score:17.883478252784%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 688.02kcal (34.4%), Fat: 47.32g (72.79%), Saturated Fat: 16.86g (105.39%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 20.23g (7.35%), Sugar: 13.95g (15.5%), Cholesterol: 531.16mg (177.05%), Sodium: 643.39mg (27.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.93g (89.86%), Vitamin K: 64.63µg (61.55%), Phosphorus: 535.39mg (53.54%), Copper: 0.73mg (36.39%), Selenium: 21.94µg (31.34%), Vitamin B2: 0.43mg (25.5%), Vitamin A: 1207.06IU (24.14%), Zinc: 3.24mg (21.59%), Calcium: 213.74mg (21.37%), Potassium: 691.33mg (19.75%), Magnesium: 76.25mg (19.06%), Vitamin E: 2.03mg (13.5%), Vitamin B12: 0.72µg (12%), Vitamin B5: 1.15mg (11.47%), Folate: 44.69µg (11.17%), Iron: 1.91mg (10.59%), Vitamin D: 1.16µg (7.71%), Manganese: 0.14mg (7.13%), Vitamin B6: 0.14mg (6.99%), Vitamin C: 5.47mg (6.63%), Vitamin B1: 0.07mg (4.89%), Fiber: 0.97g (3.87%), Vitamin

B3: 0.23mg (1.14%)