



Shrimp Dip



Gluten Free



Popular

READY IN



10 min.

SERVINGS



8

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces cream cheese
- ☐ 0.3 cup mayonnaise
- ☐ 2 Tbsp juice of lemon to taste (2 if regular lemon, 4 if Meyer lemon)
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.8 pound pink shrimp shelled cooked (salad shrimp)
- ☐ 0.3 cup scallions sliced
- ☐ 2 Tbsp parsley fresh finely chopped
- ☐ 0.3 teaspoon crystal hot sauce

☐ 8 servings pepper black freshly ground to taste

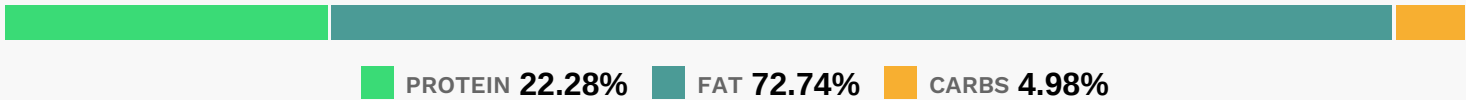
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk

Directions

- ☐ Beat cream cheese and mayo, add lemon: In a medium bowl beat together the cream cheese and mayonnaise until smooth.
- ☐ Add the lemon juice and lemon zest. Beat until smooth (you may need to use a whisk.)
- ☐ Pulse shrimp with cream cheese mixture: If you have a food processor, pulse together the shrimp and the cream cheese mixture, three 1-second pulses. If not, or if you just don't want to deal with the food processor, chop up the shrimp—fine to medium chop—and mix into the cream cheese.
- ☐ Add scallions, parsley, hot sauce, pepper: Return to the bowl and stir in the scallions and parsley.
- ☐ Add the hot sauce and black pepper to taste.
- ☐ Add more lemon juice to taste.
- ☐ Keep chilled.
- ☐ Serve with crackers or crudité.

Nutrition Facts



Properties

Glycemic Index:24.81, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:4.9373912616916%

Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.08mg,

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 185.76kcal (9.29%), Fat: 15.23g (23.44%), Saturated Fat: 6.59g (41.21%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 2.08g (0.76%), Sugar: 1.29g (1.44%), Cholesterol: 100.04mg (33.35%), Sodium: 188.52mg (8.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.5g (21%), Vitamin K: 34.22µg (32.59%), Phosphorus: 125.31mg (12.53%), Vitamin A: 498.16IU (9.96%), Copper: 0.18mg (8.98%), Calcium: 60.58mg (6.06%), Vitamin C: 4.23mg (5.12%), Zinc: 0.75mg (4.99%), Potassium: 171.98mg (4.91%), Magnesium: 19.12mg (4.78%), Vitamin B2: 0.07mg (4.19%), Selenium: 2.64µg (3.77%), Vitamin E: 0.51mg (3.37%), Iron: 0.41mg (2.26%), Manganese: 0.04mg (1.9%), Vitamin B5: 0.19mg (1.89%), Folate: 6.81µg (1.7%), Vitamin B12: 0.07µg (1.18%), Vitamin B6: 0.02mg (1.15%), Fiber: 0.27g (1.07%)