

Shrimp Dip

 Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup celery chopped
- ☐ 8 ounce block cream cheese fat-free softened
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup onion diced
- ☐ 0.3 teaspoon salt
- ☐ 14 ounce tiny shrimp drained canned

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0.3 cup cup heavy whipping cream fat-free sour

Equipment

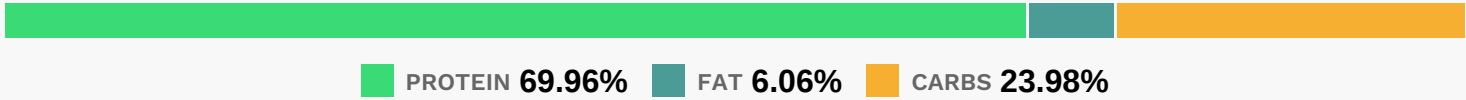
- ☐ bowl
- ☐ blender

Directions

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Combine the sour cream and cream cheese in a medium bowl, and beat at medium speed of a mixer until smooth. Stir in celery and remaining ingredients. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.80217390442672%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 14.17kcal (0.71%), Fat: 0.1g (0.15%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.37g (0.41%), Cholesterol: 14.02mg (4.67%), Sodium: 58.29mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Phosphorus: 44.74mg (4.47%), Calcium: 24.78mg (2.48%), Copper: 0.04mg (1.78%), Zinc: 0.19mg (1.3%), Potassium: 43.08mg (1.23%), Magnesium: 4.44mg (1.11%)