



Shrimp Dip I

 Gluten Free

READY IN



17 min.

SERVINGS



8

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10.8 ounce condensed cream of shrimp soup canned
- 8 ounce cream cheese softened
- 1 tablespoon green onion chopped
- 4 ounce shrimp drained canned

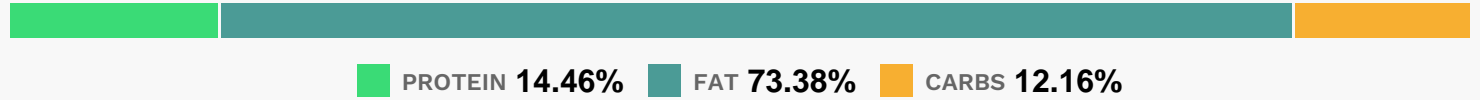
Equipment

- bowl
- microwave

Directions

- In a medium bowl, beat softened cream cheese and undiluted cream of shrimp soup together until fluffy. Stir in shrimp.
- Microwave for about 2 minutes, or until warm.
- Sprinkle chopped green onion on top.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:3.2804347458093%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 138.94kcal (6.95%), Fat: 11.52g (17.73%), Saturated Fat: 6.17g (38.55%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 4.05g (1.47%), Sugar: 1.6g (1.78%), Cholesterol: 55.64mg (18.55%), Sodium: 302.57mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.22%), Vitamin A: 495.64IU (9.91%), Vitamin K: 8.7µg (8.29%), Phosphorus: 72.37mg (7.24%), Copper: 0.1mg (5.21%), Vitamin E: 0.78mg (5.18%), Vitamin B5: 0.51mg (5.13%), Calcium: 49.3mg (4.93%), Vitamin B2: 0.08mg (4.74%), Selenium: 3.13µg (4.47%), Manganese: 0.09mg (4.26%), Potassium: 114.25mg (3.26%), Zinc: 0.38mg (2.54%), Magnesium: 9.57mg (2.39%), Iron: 0.31mg (1.7%), Vitamin B12: 0.08µg (1.29%), Vitamin B1: 0.02mg (1.05%), Vitamin B6: 0.02mg (1.01%)