



Shrimp Dip III

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup mayonnaise
- 1 small onion minced
- 0.5 teaspoon pepper sauce hot
- 2 cups cheddar cheese shredded
- 1 pound shrimp cooked finely chopped

Equipment

- bowl

Directions

- In a large bowl combine the shrimp, mayonnaise, onion, cheese and hot pepper sauce.
- Mix all together and serve.

Nutrition Facts

PROTEIN 27.74% **FAT 69.84%** **CARBS 2.42%**

Properties

Glycemic Index:13, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:6.8134782599366%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 262.18kcal (13.11%), Fat: 20.38g (31.35%), Saturated Fat: 7.12g (44.52%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.55g (0.61%), Cholesterol: 125.42mg (41.81%), Sodium: 348.08mg (15.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.21g (36.42%), Phosphorus: 256.23mg (25.62%), Calcium: 239.17mg (23.92%), Vitamin K: 23.54µg (22.42%), Zinc: 1.83mg (12.22%), Selenium: 8.36µg (11.94%), Copper: 0.24mg (11.86%), Vitamin B2: 0.13mg (7.64%), Magnesium: 28.5mg (7.12%), Vitamin A: 292.74IU (5.85%), Potassium: 187.37mg (5.35%), Vitamin B12: 0.32µg (5.27%), Vitamin E: 0.67mg (4.49%), Iron: 0.39mg (2.16%), Folate: 8.31µg (2.08%), Manganese: 0.03mg (1.7%), Vitamin B6: 0.03mg (1.58%), Vitamin B5: 0.15mg (1.52%), Vitamin D: 0.2µg (1.32%), Vitamin C: 0.83mg (1.01%)