



Shrimp Fondue

 Dairy Free

READY IN



65 min.

SERVINGS



32

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10.8 ounce condensed cream of shrimp soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 pound processed cheese food cubed
- ☐ 2 packages cocktail rye
- ☐ 6 ounce tiny shrimp drained canned

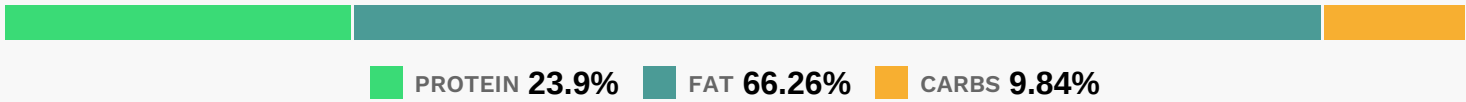
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan, combine the cream of shrimp soup, cream of mushroom soup, canned shrimp and cheese. Cook over medium-low heat, stirring frequently, until cheese is melted and well blended.
- ☐ Serve on cocktail rye slices.

Nutrition Facts



Properties

Glycemic Index:0.84, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:2.7256521668447%

Nutrients (% of daily need)

Calories: 69.98kcal (3.5%), Fat: 5.19g (7.98%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.45g (0.5%), Cholesterol: 24.26mg (8.09%), Sodium: 359.85mg (15.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Calcium: 154.99mg (15.5%), Phosphorus: 108.25mg (10.82%), Selenium: 3.07µg (4.38%), Vitamin B12: 0.23µg (3.86%), Zinc: 0.54mg (3.63%), Vitamin A: 160.82IU (3.22%), Manganese: 0.06mg (2.97%), Copper: 0.06mg (2.88%), Vitamin B2: 0.04mg (2.52%), Vitamin K: 2.01µg (1.91%), Magnesium: 6.84mg (1.71%), Vitamin B5: 0.16mg (1.64%), Vitamin E: 0.25mg (1.64%), Potassium: 54.53mg (1.56%), Iron: 0.24mg (1.31%)