



Shrimp Fondue

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10.8 ounce condensed cream of shrimp soup canned
- ☐ 8 ounce cream cheese
- ☐ 1 pinch garlic salt
- ☐ 16 ounce cup heavy whipping cream sour
- ☐ 1 dash worcestershire sauce

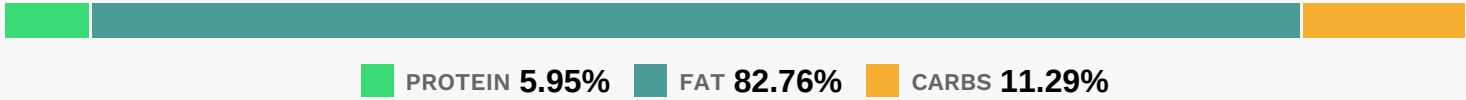
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Melt sour cream, cream cheese, shrimp soup, Worcestershire sauce and garlic salt over a low heat in a medium size pot. Cook until melted together and the mixture has a creamy texture.
- ☐ Pour mixture into a serving bowl.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:4.496086957662%

Nutrients (% of daily need)

Calories: 239.01kcal (11.95%), Fat: 22.45g (34.54%), Saturated Fat: 11.88g (74.25%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 6.66g (2.42%), Sugar: 3.53g (3.92%), Cholesterol: 66.28mg (22.09%), Sodium: 309.63mg (13.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin A: 841.49IU (16.83%), Vitamin B2: 0.18mg (10.32%), Calcium: 97.09mg (9.71%), Phosphorus: 84.93mg (8.49%), Vitamin K: 8µg (7.62%), Selenium: 5.22µg (7.46%), Vitamin B5: 0.7mg (7.03%), Vitamin E: 0.99mg (6.59%), Manganese: 0.09mg (4.28%), Potassium: 146.63mg (4.19%), Vitamin B12: 0.2µg (3.28%), Copper: 0.06mg (2.93%), Magnesium: 10.14mg (2.54%), Zinc: 0.37mg (2.5%), Vitamin B6: 0.04mg (2.15%), Vitamin B1: 0.03mg (1.78%), Folate: 6.73µg (1.68%), Iron: 0.27mg (1.49%)