

Shrimp Mold

 Gluten Free

READY IN



85 min.

SERVINGS



5

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup celery minced
- 10.8 ounce condensed tomato soup canned
- 6 ounces cream cheese softened
- 0.5 ounce gelatin powder unflavored
- 0.5 cup green onions minced
- 1 cup mayonnaise
- 1 pound shrimp cooked
- 0.5 cup water cold

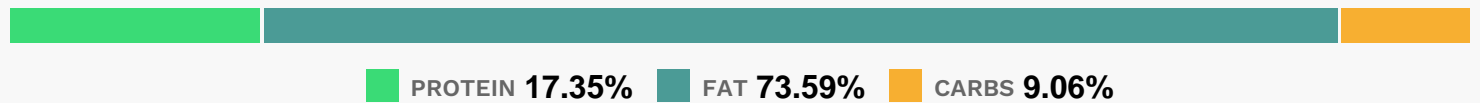
Equipment

- bowl
- sauce pan
- oven
- mixing bowl
- microwave

Directions

- Heat soup in a small saucepan or in a microwave oven.
- In a medium bowl, stir gelatin into cold water.
- Mix hot tomato soup into the gelatin liquid.
- In a medium size mixing bowl, combine cream cheese and mayonnaise together.
- Mix soup mixture into the mayonnaise and cream cheese mixture.
- Mix well.
- Add shrimp, celery, and green onions.
- Spoon the mixture into a 1 quart mold and refrigerate for at least 1 hour, but preferably overnight. Unmold onto a serving plate before serving.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:4.02, Inflammation Score:-6, Nutrition Score:13.386956645095%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 556.57kcal (27.83%), Fat: 46g (70.77%), Saturated Fat: 12.29g (76.81%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 11.49g (4.18%), Sugar: 7.05g (7.84%), Cholesterol: 199.23mg (66.41%), Sodium: 753.54mg (32.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.79%), Vitamin K: 102.31µg (97.44%), Phosphorus: 268.49mg (26.85%), Copper: 0.48mg (24.01%), Potassium: 716.48mg (20.47%), Vitamin A: 915.33IU (18.31%), Vitamin E: 2.08mg (13.86%), Vitamin C: 10.37mg (12.57%), Magnesium: 48.88mg (12.22%), Calcium: 120.12mg (12.01%), Zinc: 1.63mg (10.89%), Selenium: 7.05µg (10.06%), Manganese: 0.16mg (8.04%), Vitamin B2: 0.12mg (7.17%), Iron: 1.18mg (6.57%), Fiber: 1.25g (5.01%), Folate: 19.82µg (4.96%), Vitamin B6: 0.1mg (4.81%), Vitamin B3: 0.67mg (3.37%), Vitamin B5: 0.33mg (3.32%), Vitamin B1: 0.05mg (3.22%), Vitamin B12: 0.13µg (2.14%)