



Shrimp Scampi Spread

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



151 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 clove garlic minced
- 1 green onion divided chopped
- 0.5 tsp lemon zest
- 40 servings rosemary and olive oil woven wheat crackers
- 0.5 tsp pepper sauce hot
- 0.5 lb shrimp cleaned cooked
- 0.3 cup milk mozzarella cheese shredded 2% kraft
- 8 oz philadelphia

Equipment

- oven
- baking pan

Directions

- Heat oven to 350F. Reserve 1 shrimp for later use. Chop remaining shrimp; mix with 1 Tbsp. onions and all remaining ingredients except crackers.
- Spoon into baking dish.
- Bake 20 to 25 min. or until heated through. Top with remaining onions and reserved shrimp.
- Serve with crackers.

Nutrition Facts

PROTEIN 4.31% **FAT 94.69%** **CARBS 1%**

Properties

Glycemic Index:2.9, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.5391304334221%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 150.75kcal (7.54%), Fat: 16.14g (24.83%), Saturated Fat: 3.18g (19.85%), Carbohydrates: 0.38g (0.13%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.23g (0.26%), Cholesterol: 15.41mg (5.14%), Sodium: 30.87mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.31%), Vitamin E: 2.07mg (13.79%), Vitamin K: 9.19µg (8.75%), Phosphorus: 20.91mg (2.09%), Vitamin A: 83.99IU (1.68%), Calcium: 13.19mg (1.32%), Copper: 0.02mg (1.19%)