

Shrimp Spread II

 Gluten Free

READY IN



30 min.

SERVINGS



15

CALORIES



156 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 ounce cream cheese softened
- 0.5 teaspoon dill weed dried
- 1 teaspoon horseradish prepared
- 1 teaspoon lemon pepper
- 4 tablespoons mayonnaise
- 2 tablespoons onion minced
- 0.5 teaspoon paprika
- 1 dash vinegar-based pepper sauce hot

- 2 cups cheddar cheese shredded
- 9 ounce shrimp rinsed drained canned

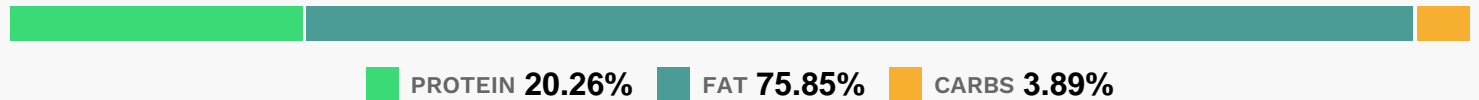
Equipment

- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium-size mixing bowl, combine cream cheese, Cheddar cheese, shrimp, mayonnaise, onion, horseradish, dill, and hot pepper sauce.
- Pour mixture into an 8x8 inch baking dish.
- Sprinkle with lemon pepper seasoning and paprika.
- Bake at 350 degrees F (175 degrees C) for 25 minutes; or until the mixture is bubbly.

Nutrition Facts



Properties

Glycemic Index:14.2, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:3.6634782831306%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 155.54kcal (7.78%), Fat: 13.22g (20.34%), Saturated Fat: 6.41g (40.03%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.73g (0.81%), Cholesterol: 59.29mg (19.76%), Sodium: 191.73mg (8.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.89%), Calcium: 134.2mg (13.42%), Phosphorus: 123.46mg (12.35%), Selenium: 5.68µg (8.11%), Vitamin A: 392.01IU (7.84%), Vitamin K: 7.05µg (6.71%), Vitamin B2: 0.1mg (6.09%), Zinc: 0.87mg (5.82%), Copper: 0.08mg (3.9%), Vitamin B12: 0.2µg (3.29%), Magnesium: 12.14mg (3.04%), Vitamin E: 0.39mg (2.58%), Potassium: 84.38mg (2.41%), Vitamin B5: 0.16mg (1.6%), Manganese: 0.03mg

(1.53%), Folate: 5.21µg (1.3%), Vitamin B6: 0.02mg (1.17%), Iron: 0.18mg (1.03%)