



Tangy Shrimp Dip

 Gluten Free

READY IN



80 min.

SERVINGS



3

CALORIES



845 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 0.3 cup bell pepper green chopped
- 0.3 cup green onion chopped
- 8 ounce cocktail sauce
- 0.5 cup mayonnaise
- 1 cup mozzarella cheese shredded
- 9 ounce shrimp drained canned
- 0.3 cup cup heavy whipping cream sour

1 tomatoes chopped

Equipment

bowl

Directions

- In a medium bowl, mix together the cream cheese, mayonnaise and sour cream until smooth.
- Spread into the bottom of a serving dish. Top with layers in the following order: shrimp, cocktail sauce, mozzarella cheese, green onion, green pepper, and tomato. Cover and refrigerate for 1 hour before serving.

Nutrition Facts

 PROTEIN 15.14%  FAT 70.6%  CARBS 14.26%

Properties

Glycemic Index:61.33, Glycemic Load:2.04, Inflammation Score:-8, Nutrition Score:17.53565196369%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 845.46kcal (42.27%), Fat: 66.62g (102.5%), Saturated Fat: 26.59g (166.2%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 29.35g (10.67%), Sugar: 23.13g (25.7%), Cholesterol: 269.76mg (89.92%), Sodium: 1726.62mg (75.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.15g (64.29%), Vitamin K: 84.99µg (80.95%), Phosphorus: 432.87mg (43.29%), Vitamin A: 1881.89IU (37.64%), Calcium: 349.98mg (35%), Vitamin C: 17.34mg (21.02%), Selenium: 14.47µg (20.67%), Copper: 0.4mg (20%), Vitamin B2: 0.34mg (19.81%), Zinc: 2.85mg (18.97%), Vitamin B12: 1.1µg (18.38%), Vitamin E: 2.33mg (15.54%), Potassium: 526.02mg (15.03%), Magnesium: 53.75mg (13.44%), Vitamin B5: 0.67mg (6.67%), Vitamin B6: 0.13mg (6.63%), Manganese: 0.13mg (6.38%), Folate: 25.16µg (6.29%), Iron: 1.06mg (5.88%), Vitamin B1: 0.06mg (4.2%), Fiber: 0.92g (3.68%), Vitamin B3: 0.47mg (2.36%), Vitamin D: 0.22µg (1.49%)