



Very Easy Shrimp Dip

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese
- 12 ounce cocktail sauce
- 4 ounce shrimp drained canned

Equipment

Directions

- Spread the cream cheese on the bottom of a 8 inch square serving dish.

Layer the shrimp over the cream cheese.

Pour the cocktail sauce over the top.

Nutrition Facts

PROTEIN 12.2% **FAT 54.45%** **CARBS 33.35%**

Properties

Glycemic Index:3.38, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:1.8147826246593%

Nutrients (% of daily need)

Calories: 163.15kcal (8.16%), Fat: 9.87g (15.18%), Saturated Fat: 5.74g (35.88%), Carbohydrates: 13.6g (4.53%), Net Carbohydrates: 13.6g (4.95%), Sugar: 10.89g (12.1%), Cholesterol: 51.45mg (17.15%), Sodium: 616.18mg (26.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.95%), Vitamin A: 380.73IU (7.61%), Phosphorus: 60.67mg (6.07%), Vitamin B2: 0.07mg (3.84%), Calcium: 36.57mg (3.66%), Selenium: 2.44µg (3.48%), Copper: 0.06mg (3.03%), Zinc: 0.33mg (2.21%), Potassium: 74.84mg (2.14%), Magnesium: 7.51mg (1.88%), Vitamin E: 0.24mg (1.63%), Vitamin B5: 0.16mg (1.62%), Vitamin B12: 0.06µg (1.04%)