



Zesty Shrimp Spread

 Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



187 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz philadelphia cream cheese softened
- 2 Tbsp parsley fresh chopped
- 2 cloves garlic minced
- 0.5 cup real mayo mayonnaise kraft
- 0.3 cup parmesan cheese grated kraft
- 1 cup shrimp cleaned cooked chopped

Equipment

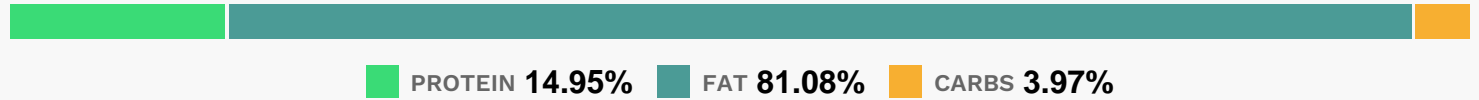
- bowl

blender

Directions

- Beat cream cheese and mayo in medium bowl with mixer until blended.
- Add remaining ingredients; mix well.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:3.9591304536747%

Flavonoids

Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 187.34kcal (9.37%), Fat: 17.01g (26.17%), Saturated Fat: 6.3g (39.4%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.83g (0.67%), Sugar: 0.93g (1.03%), Cholesterol: 67.88mg (22.63%), Sodium: 214.77mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.12%), Vitamin K: 31.25µg (29.76%), Phosphorus: 94.46mg (9.45%), Vitamin A: 397.57IU (7.95%), Calcium: 62.27mg (6.23%), Copper: 0.1mg (5.13%), Selenium: 3.17µg (4.53%), Vitamin E: 0.58mg (3.88%), Zinc: 0.57mg (3.8%), Vitamin B2: 0.06mg (3.78%), Potassium: 105.85mg (3.02%), Magnesium: 11.84mg (2.96%), Vitamin B5: 0.16mg (1.63%), Vitamin B12: 0.1µg (1.62%), Vitamin C: 1.2mg (1.45%), Iron: 0.24mg (1.33%), Manganese: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.19%)