

Shrimp Spread II

Alice V. Cinader

Gourmet Eating in South Carolina - (1985)

2 pounds cooked shrimp, cooled and drained

1/2 stick butter or cream cheese

1 teaspoon Worcestershire sauce

salt (to taste)

pepper (to taste)

1/2 small onion, minced

small clove garlic, minced

2 teaspoons lemon juice

3/4 cup mayonnaise

In a food processor bowl, combine all of the ingredients.

Mix well.

Chill in refrigerator.

Serve with assorted crackers.

Per Serving (excluding unknown items): 2109 Calories; 150g Fat (63.0% calories from fat); 192g Protein; 7g Carbohydrate; 1g Dietary Fiber; 1828mg Cholesterol; 3023mg Sodium. Exchanges: 26 Lean Meat; 1 Vegetable; 0 Fruit; 12 Fat; 0 Other Carbohydrates.

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Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2109
% Calories from Fat:	63.0%
% Calories from Carbohydrates:	1.2%
% Calories from Protein:	35.8%
Total Fat (g):	150g
Saturated Fat (g):	21g
Monounsaturated Fat (g):	38g
Polyunsaturated Fat (g):	72g
Cholesterol (mg):	1828mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	192g

Vitamin B6 (mg):	1.9mg
Vitamin B12 (mcg):	13.5mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	56mcg
Niacin (mg):	23mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	26

Sodium (mg): 3023mg
Potassium (mg): 1847mg
Calcium (mg): 401mg
Iron (mg): 29mg
Zinc (mg): 14mg
Vitamin C (mg): 37mg
Vitamin A (i.u.): 2458IU
Vitamin A (r.e.): 693RE

Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 12
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2109 Calories from Fat: 1328

% Daily Values*

Total Fat	150g	230%
Saturated Fat	21g	107%
Cholesterol	1828mg	609%
Sodium	3023mg	126%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	4%
Protein	192g	
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Vitamin A		49%
Vitamin C		61%
Calcium		40%
Iron		162%

** Percent Daily Values are based on a 2000 calorie diet.*