

Shrimp Spread III

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 2 cups

- 1/2 cup salad dressing (or mayonnaise)*
- 1/2 cup butter (not margarine), softened*
- 2 cans (4 ounce ea) small shrimp, softened*
- 1 tablespoon minced onion flakes*
- 1/8 teaspoon garlic powder*
- 1 tablespoon lemon juice*

In a small bowl, cream the salad dressing and butter.

Add the shrimp, onion flakes, garlic powder and lemon juice. Mix. Spread in a small serving dish.

Per Serving (excluding unknown items): 16 Calories; trace Fat (8.8% calories from fat); 2g Protein; 2g Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 15mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	16	Vitamin B6 (mg):	trace
% Calories from Fat:	8.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	39.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	51.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	15mg	% Protein:	100%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	1/2
Sodium (mg):	15mg	Vegetable:	0
Potassium (mg):	41mg	Fruit:	0

Calcium (mg): 7mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 7mg
Vitamin A (i.u.): 21IU
Vitamin A (r.e.): 5 1/2RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 16 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	15mg	5%
Sodium	15mg	1%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	0%
Protein	2g	
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Vitamin A		0%
Vitamin C		12%
Calcium		1%
Iron		1%

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