

Shrimp Spread

*Shirley A. Toche - Ocean Springs, MS
Southern Living - 1987 Annual Recipes*

Yield: 1 1/4 cups

*1 1/2 cups water
1/2 pound medium unpeeled shrimp
1/2 cup butter or margarine, softened
1 teaspoon prepared horseradish
dash garlic powder
dash salt
dash hot sauce
paprika*

Bring the water to a boil. Add the shrimp. Cook for 3 to 5 minutes. Drain well. Rinse with cold water. Chill. Peel and devein the shrimp.

Add the shrimp to a food processor bowl. Cover. Process until finely chopped.

Add the butter, horseradish, garlic powder, salt and hot sauce. Process until smooth.

Spoon the shrimp into a serving dish. Sprinkle with paprika.

Serve with assorted crackers.

Per Serving (excluding unknown items): 815 Calories; 92g Fat (99.2% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 248mg Cholesterol; 963mg Sodium. Exchanges: 0 Lean Meat; 18 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	815	Vitamin B6 (mg):	trace
% Calories from Fat:	99.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	0.3%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	92g	Folacin (mcg):	6mcg
Saturated Fat (g):	57g	Niacin (mg):	trace
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	248mg	% Refuse:	0.0%
Carbohydrate (g):	1g		

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 1g
Sodium (mg): 963mg
Potassium (mg): 42mg
Calcium (mg): 37mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 3468IU
Vitamin A (r.e.): 858 1/2RE

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 18 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 815 **Calories from Fat:** 809

% Daily Values*

Total Fat 92g	142%
Saturated Fat 57g	286%
Cholesterol 248mg	83%
Sodium 963mg	40%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein 1g	
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Vitamin A	69%
Vitamin C	2%
Calcium	4%
Iron	1%

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