

Shrimp and Avocado Filling

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 1/2 cups

1 large ripe avocado, peeled, pitted and cubed

1/4 pound cream cheese, room temperature

1/2 teaspoon lemon juice, freshly squeezed and strained

salt (to taste)

freshly ground pepper (to taste)

Tabasco sauce (to taste)

6 medium shrimp, cooked, shelled, deveined and finely chopped

2 tablespoons fresh chives, finely chopped

1 tablespoon fresh dill or tarragon, finely chopped

In a mixing bowl, combine the avocado, cream cheese, lemon juice, salt, pepper and Tabasco sauce. Mash together with a fork until smooth.

Stir in the shrimp, chives and dill. Taste and adjust the seasoning.

Cover and refrigerate.

Per Serving (excluding unknown items): 437 Calories; 40g Fat (82.0% calories from fat); 16g Protein; 4g Carbohydrate; trace Dietary Fiber; 179mg Cholesterol; 389mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 7 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	437	Vitamin B6 (mg):	.1mg
% Calories from Fat:	82.0%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	3.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	14.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	40g	Folacin (mcg):	23mcg
Saturated Fat (g):	25g	Niacin (mg):	1mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	179mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	16g
Sodium (mg):	389mg
Potassium (mg):	223mg
Calcium (mg):	115mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	1946IU
Vitamin A (r.e.):	533 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	7 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	437	Calories from Fat: 358
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% Daily Values*

Total Fat	40g	62%
Saturated Fat	25g	125%
Cholesterol	179mg	60%
Sodium	389mg	16%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	1%
Protein	16g	
Vitamin A		39%
Vitamin C		9%
Calcium		12%
Iron		13%

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