

Cheesy Shrimp Bisque

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Servings: 5

1/2 cup sliced celery
1 tablespoon butter or margarine
1 package (8 ounce) cream cheese,
cubed
1 cup milk
1/2 pound (8 ounce) Velveeta cheese,
cut up
1 package (6 ounce) frozen cooked
tiny shrimp, thawed and drained
1/3 cup dry white wine
1/4 teaspoon dill weed

Preparation Time: 10 minutes

In a two-quart saucepan on medium heat, cook and stir the celery in butter until tender. Reduce the heat to low.

Stir in the cream cheese and milk. Cook until the cream cheese is completely melted, stirring occasionally.

Add the Velveeta, shrimp and wine. Cook until the Velveeta is completely melted and the mixture is heated through, stirring occasionally.

Sprinkle with dill weed.

Start to Finish Time: 30 minutes

You may vary the recipe by omitting the wine and increasing the milk to 1-1/3 cups.

Per Serving (excluding unknown items): 225 Calories; 20g Fat (82.9% calories from fat); 5g Protein; 4g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 196mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	225	Vitamin B6 (mg):	.1mg
% Calories from Fat:	82.9%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	7.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	20g	Folacin (mcg):	12mcg
Saturated Fat (g):	13g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	11
Cholesterol (mg):	64mg	% Refuse:	0.0%
Carbohydrate (g):	4g		

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 5g
Sodium (mg): 196mg
Potassium (mg): 179mg
Calcium (mg): 103mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 829IU
Vitamin A (r.e.): 241 1/2RE

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 225 Calories from Fat: 186

% Daily Values*

Total Fat	20g	31%
	Saturated Fat 13g	63%
Cholesterol	64mg	21%
Sodium	196mg	8%
Total Carbohydrates	4g	1%
	Dietary Fiber trace	1%
Protein	5g	

Vitamin A	17%
Vitamin C	2%
Calcium	10%
Iron	4%

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