

Shrimp Cucumber Spread

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Yield: 1 cup

*1/2 cup Miracle Whip®
2 ounces light Neufchatel cheese,
softened
1/4 cup cooked shrimp or flaked
canned tuna, chopped
3 tablespoons cucumber, seeded and
chopped
1 tablespoon green onion slices
1 tablespoon chili sauce*

Preparation Time: 10 minutes

In a bowl, mix together the Miracle Whip, Neufchatel cheese, shrimp, cucumber, green onions and chili sauce until well blended.

Chill.

Serve with assorted crackers.

Per Serving (excluding unknown items): 566 Calories; 56g Fat (87.8% calories from fat); trace Protein; 17g Carbohydrate; trace Dietary Fiber; 40mg Cholesterol; 764mg Sodium. Exchanges: 0 Vegetable; 11 Fat; 1 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	566
% Calories from Fat:	87.8%
% Calories from Carbohydrates:	12.0%
% Calories from Protein:	0.2%
Total Fat (g):	56g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	40mg
Carbohydrate (g):	17g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	764mg
Potassium (mg):	113mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0

Calcium (mg): 3mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 11mg
Vitamin A (i.u.): 1162IU
Vitamin A (r.e.): 116RE

Non-Fat Milk: 0
Fat: 11
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 566 Calories from Fat: 497

% Daily Values*

Total Fat	56g		86%
Saturated Fat	8g		40%
Cholesterol	40mg		13%
Sodium	764mg		32%
Total Carbohydrates	17g		6%
Dietary Fiber	trace		2%
Protein	trace		

Vitamin A			23%
Vitamin C			19%
Calcium			0%
Iron			1%

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