

Hot Shrimp Dip

Mrs. Frank W Middleton III

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Yield: 3 cups

1/4 cup onions, finely minced
1 tablespoon butter
1 package (8 ounce) cream cheese, softened
1 carton (8 ounce) sour cream
1 can (4-1/2 ounce) deveined shrimp, drained
1 tablespoon lemon juice
1/2 teaspoon salt
1/4 teaspoon white pepper
dash Tabasco sauce
1/4 teaspoon chili powder
1/4 teaspoon Worcestershire sauce
1/4 teaspoon garlic salt
paprika (for color)

In a saucepan, saute' the onion in butter. Stir in the cream cheese and sour cream.

Add the shrimp, mashing into bits with a rubber spatula.

Add the lemon juice and seasonings.

Serve warm from a small chafing dish. Serve with potato chips or corn chips.

Per Serving (excluding unknown items): 1429 Calories; 141g Fat (86.9% calories from fat); 26g Protein; 22g Carbohydrate; 1g Dietary Fiber; 388mg Cholesterol; 2524mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 27 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1429	Vitamin B6 (mg):	.2mg
% Calories from Fat:	86.9%	Vitamin B12 (mcg):	1.7mcg
% Calories from Carbohydrates:	6.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.0%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	141g	Folacin (mcg):	66mcg
Saturated Fat (g):	88g	Niacin (mg):	1mg
Monounsaturated Fat (g):	40g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	388mg
Carbohydrate (g):	22g
Dietary Fiber (g):	1g
Protein (g):	26g
Sodium (mg):	2524mg
Potassium (mg):	716mg
Calcium (mg):	477mg
Iron (mg):	3mg
Zinc (mg):	2mg
Vitamin C (mg):	14mg
Vitamin A (i.u.):	5784IU
Vitamin A (r.e.):	1672 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1/2
Fat:	27
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1429 **Calories from Fat:** 1242

% Daily Values*

Total Fat 141g	217%
Saturated Fat 88g	441%
Cholesterol 388mg	129%
Sodium 2524mg	105%
Total Carbohydrates 22g	7%
Dietary Fiber 1g	6%
Protein 26g	
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Vitamin A	116%
Vitamin C	24%
Calcium	48%
Iron	18%

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