

Sensational Shrimp Dip

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Yield: 1 1/2 cups

*1/2 cup Miracle Whip®
1/4 cup lemon-flavored lowfat yogurt
1 can (4-1/2 ounce) tiny shrimp,
drained
2 tablespoons green onion, finely
chopped
2 tablespoons prepared horseradish,
drained
1 tablespoon ketchup*

Preparation Time: 5 minutes

In a bowl, mix together the Miracle Whip, yogurt, shrimp, green onion, horseradish and ketchup until well blended.

Chill.

Serve with vegetable dippers.

Per Serving (excluding unknown items): 594 Calories; 56g Fat (83.5% calories from fat); 1g Protein; 24g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 1034mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 11 Fat; 1 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	594
% Calories from Fat:	83.5%
% Calories from Carbohydrates:	16.0%
% Calories from Protein:	0.5%
Total Fat (g):	56g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	40mg
Carbohydrate (g):	24g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	1034mg
Potassium (mg):	179mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	27mcg
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): 28mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 12mg
Vitamin A (i.u.): 199IU
Vitamin A (r.e.): 20RE

Non-Fat Milk: 0
Fat: 11
Other Carbohydrates: 1 1/2

Nutrition Facts

Amount Per Serving

Calories 594 Calories from Fat: 496

% Daily Values*

Total Fat	56g	87%
Saturated Fat	8g	40%
Cholesterol	40mg	13%
Sodium	1034mg	43%
Total Carbohydrates	24g	8%
Dietary Fiber	1g	6%
Protein	1g	
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Vitamin A		4%
Vitamin C		20%
Calcium		3%
Iron		2%

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