

Shrimp Dip II

CampbellsKitchen.com

1 package (8 ounce) cream cheese, softened
1 can (10-3/4 ounce) condensed cream of shrimp soup
1/2 teaspoon Louisiana-style hot sauce
1/4 cup finely chopped celery
1 tablespoon finely chopped onion

Preparation Time: 10 minutes

In a medium bowl, stir the cream cheese until smooth.

Stir in the soup, hot sauce, celery and onion.

Cover and refrigerate for two hours.

Serve with crackers, chips or fresh vegetables for dipping.

Start to Finish Time: 2 hours 10 minutes

Per Serving (excluding unknown items): 999 Calories; 91g Fat (81.1% calories from fat); 23g Protein; 25g Carbohydrate; 1g Dietary Fiber; 287mg Cholesterol; 2665mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 17 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	999	Vitamin B6 (mg):	.2mg
% Calories from Fat:	81.1%	Vitamin B12 (mcg):	2.2mcg
% Calories from Carbohydrates:	9.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	91g	Folacin (mcg):	48mcg
Saturated Fat (g):	57g	Niacin (mg):	1mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	287mg	% Refuse:	0 0%
Carbohydrate (g):	25g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1
Protein (g):	23g	Lean Meat:	2 1/2
Sodium (mg):	2665mg	Vegetable:	1/2

Potassium (mg): 497mg
Calcium (mg): 234mg
Iron (mg): 4mg
Zinc (mg): 3mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 3667IU
Vitamin A (r.e.): 1034RE

Fruit: 0
Non-Fat Milk: 0
Fat: 17
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 999 Calories from Fat: 810

% Daily Values*

Total Fat	91g		141%
	Saturated Fat	57g	287%
Cholesterol	287mg		96%
Sodium	2665mg		111%
Total Carbohydrates	25g		8%
	Dietary Fiber	1g	5%
Protein	23g		
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Vitamin A			73%
Vitamin C			5%
Calcium			23%
Iron			22%

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