

Shrimp Dip III

The Comer Family
www.dashrecipes.com

1 can tomato soup
1 package (8 ounce) cream cheese,
softened
1 tablespoon onion, minced
1 teaspoon green bell pepper, minced
1 can shrimp, drained and mashed
2 cups mayonnaise
dash garlic powder

Preparation Time: 5 minutes

Heat the tomato soup in a heavy saucepan over medium heat.

Add the cream cheese. Stir until well blended and smooth.

Add the onion, pepper, shrimp, mayonnaise and garlic powder. Stir until smooth.

Store in the refrigerator in an airtight container.

Serve with chips.

Start to Finish Time: 10 minutes

Serve on the second day after all ingredients have had a chance to blend.

Per Serving (excluding unknown items): 4060 Calories; 457g Fat (95.4% calories from fat); 26g Protein; 24g Carbohydrate; 1g Dietary Fiber; 418mg Cholesterol; 3891mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 47 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	4060	Vitamin B6 (mg):	2.7mg
% Calories from Fat:	95.4%	Vitamin B12 (mcg):	2.2mcg
% Calories from Carbohydrates:	2.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.4%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	457g	Folacin (mcg):	82mcg
Saturated Fat (g):	103g	Niacin (mg):	2mg
Monounsaturated Fat (g):	123g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	186g	Alcohol (kcal):	0
Cholesterol (mg):	418mg	% Refuse:	n n%

Carbohydrate (g): 24g
 Dietary Fiber (g): 1g
 Protein (g): 26g
 Sodium (mg): 3891mg
 Potassium (mg): 722mg
 Calcium (mg): 282mg
 Iron (mg): 7mg
 Zinc (mg): 2mg
 Vitamin C (mg): 70mg
 Vitamin A (i.u.): 5261IU
 Vitamin A (r.e.): 1317 1/2RE

Food Exchanges

Grain (Starch): 1/2
 Lean Meat: 2 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 47
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 4060 **Calories from Fat:** 3873

% Daily Values*

Total Fat 457g	703%
Saturated Fat 103g	516%
Cholesterol 418mg	139%
Sodium 3891mg	162%
Total Carbohydrates 24g	8%
Dietary Fiber 1g	3%
Protein 26g	
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Vitamin A	105%
Vitamin C	116%
Calcium	28%
Iron	38%

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