Shrimp Dip IV

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

3 tablespoons butter
1/2 tablespoon green pepper, chopped
1 onion, minced
2 cans (7 ounce) shrimp, drained and mashed
1 tablespoon Worcestershire sauce
3 tablespoons ketchup
cayenne pepper (to taste)
1/4 pound good yellow cheese or wine cheese
1 tablespoon sherry

In a saucepan, saute' the green pepper in butter until soft but not brown.

Add the remaining ingredients. Cook in a double-boiler until thick.

Serve hot in a chafing dish with melba rounds.

Per Serving (excluding unknown items): 440 Calories; 35g Fat (71.7% calories from fat); 5g Protein; 26g Carbohydrate; 3g Dietary Fiber; 111mg Cholesterol; 1054mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 7 Fat; 1 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	440	**Vitamin B6 (mg):**	.2mg
% Calories from Fat:	71.7%	**Vitamin B12 (mcg):**	.2mcg
% Calories from Carbohydrates:	23.7%	**Thiamin B1 (mg):**	.1mg
% Calories from Protein:	4.6%	**Riboflavin B2 (mg):**	.1mg
Total Fat (g):	35g	**Folacin (mcg):**	30mcg
Saturated Fat (g):	22g	**Niacin (mg):**	1mg
Monounsaturated Fat (g):	10g	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	1g	**Alcohol (kcal):**	21
Cholesterol (mg):	111mg	*% Refuse:*	*0.0%*
Carbohydrate (g):	26g	## Food Exchanges	
Dietary Fiber (g):	3g	**Grain (Starch):**	0
Protein (g):	5g	**Lean Meat:**	1/2
Sodium (mg):	1054mg	**Vegetable:**	1 1/2

Potassium (mg):	564mg	**Fruit:**	0
Calcium (mg):	65mg	**Non-Fat Milk:**	0
Iron (mg):	2mg	**Fat:**	7
Zinc (mg):	trace	**Other Carbohydrates:**	1
Vitamin C (mg):	45mg		
Vitamin A (i.u.):	1825IU		
Vitamin A (r.e.):	382 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 440	Calories from Fat: 315

	% Daily Values*
Total Fat 35g	54%
Saturated Fat 22g	108%
Cholesterol 111mg	37%
Sodium 1054mg	44%
Total Carbohydrates 26g	9%
Dietary Fiber 3g	11%
Protein 5g	
Vitamin A	36%
Vitamin C	75%
Calcium	6%
Iron	10%

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