

Shrimp Dip

Nadine Myers

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 package (8 ounce) cream cheese
 1 small jar shrimp cocktail with sauce
 1 can Campbell's Cream of Shrimp soup
 1 package wheat thin crackers

Place the cream cheese on a plate.

In a bowl, beat the soup and shrimp cocktail together.

Spread over the cream cheese.

Place crackers around the dish. Serve.

Per Serving (excluding unknown items): 810 Calories; 81g Fat (88.5% calories from fat); 18g Protein; 6g Carbohydrate; 0g Dietary Fiber; 255mg Cholesterol; 686mg Sodium. Exchanges: 2 1/2 Lean Meat; 15 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	810	Vitamin B6 (mg):	.1mg
% Calories from Fat:	88.5%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	3.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.5%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	81g	Folacin (mcg):	31mcg
Saturated Fat (g):	51g	Niacin (mg):	trace
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	255mg	% Refuse:	n n%
Carbohydrate (g):	6g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	18g	Lean Meat:	2 1/2
Sodium (mg):	686mg	Vegetable:	0
Potassium (mg):	277mg	Fruit:	0
Calcium (mg):	185mg	Non-Fat Milk:	0

Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 3311IU
Vitamin A (r.e.): 997 1/2RE

Fat: 15
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 810 **Calories from Fat:** 717

% Daily Values*

Total Fat 81g	124%
Saturated Fat 51g	255%
Cholesterol 255mg	85%
Sodium 686mg	29%
Total Carbohydrates 6g	2%
Dietary Fiber 0g	0%
Protein 18g	
Vitamin A	66%
Vitamin C	0%
Calcium	19%
Iron	15%

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