

Shrimp or Lobster Dip

Mrs. Millard Byrd, Jr.

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

1 cup mayonnaise
3/4 tablespoon horseradish
3/4 tablespoon capers
3/4 tablespoon mustard
2 tablespoons onions, finely chopped
2 tablespoons celery, finely chopped
2 tablespoons dill, finely chopped
2 tablespoons parsley, finely chopped
salt (to taste)
red pepper (to taste)

In a bowl, mix all of the ingredients together.

Refrigerate.

Use as a dip for boiled shrimp or canned lobster.

Per Serving (excluding unknown items): 1620 Calories; 188g Fat (97.0% calories from fat); 5g Protein; 8g Carbohydrate; 2g Dietary Fiber; 77mg Cholesterol; 1493mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 16 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1620
% Calories from Fat:	97.0%
% Calories from Carbohydrates:	1.9%
% Calories from Protein:	1.1%
Total Fat (g):	188g
Saturated Fat (g):	26g
Monounsaturated Fat (g):	50g
Polyunsaturated Fat (g):	91g
Cholesterol (mg):	77mg
Carbohydrate (g):	8g
Dietary Fiber (g):	2g
Protein (g):	5g
Sodium (mg):	1493mg
Potassium (mg):	451mg

Vitamin B6 (mg):	1.4mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	37mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0

Calcium (mg): 188mg
Iron (mg): 5mg
Zinc (mg): 1mg
Vitamin C (mg): 18mg
Vitamin A (i.u.): 1389IU
Vitamin A (r.e.): 200 1/2RE

Non-Fat Milk: 0
Fat: 16
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1620 **Calories from Fat:** 1571

% Daily Values*

Total Fat 188g	289%
Saturated Fat 26g	130%
Cholesterol 77mg	26%
Sodium 1493mg	62%
Total Carbohydrates 8g	3%
Dietary Fiber 2g	9%
Protein 5g	
Vitamin A	28%
Vitamin C	30%
Calcium	19%
Iron	28%

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