

# Molded Shrimp Spread

Philadelphia Cream Cheese Favorite Recipes (1988)  
1988 Kraft Inc.

## Yield: 2 cups

1 package (8 ounce) Neufchatel cheese, softened  
1 bag (ounce) frozen cooked tiny shrimp, thawed and drained  
1/4 cup pitted ripe olives, chopped  
1 jar (2 ounce) sliced pimiento, drained and chopped  
2 teaspoons lemon juice  
1 1/2 teaspoons instant minced onion  
1/2 teaspoon Worcestershire sauce  
1/2 teaspoon hot pepper sauce

In a bowl, combine the Neufchatel cheese, shrimp, olives, pimiento, lemon juice, onion, Worcestershire and pepper sauce. Mix until well blended.

Press the mixture into a two-cup bowl.

Chill for several hours.

Unmold. Serve with crackers.

## Variations:

Substitute six ounces of fresh, cleaned shrimp; cooked and finely chopped for the tiny shrimp.

Substitute cream cheese for the Neufchatel cheese.

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Per Serving (excluding unknown items): 338 Calories; 30g Fat (78.6% calories from fat); 12g Protein; 7g Carbohydrate; 1g Dietary Fiber; 86mg Cholesterol; 834mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	338
% Calories from Fat:	78.6%
% Calories from Carbohydrates:	7.9%
% Calories from Protein:	13.5%
Total Fat (g):	30g
Saturated Fat (g):	17g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	86mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	12g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	14mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2

**Sodium (mg):** 834mg  
**Potassium (mg):** 168mg  
**Calcium (mg):** 119mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 11mg  
**Vitamin A (i.u.):** 1434IU  
**Vitamin A (r.e.):** 401RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 4  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 338 Calories from Fat: 266

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### % Daily Values\*

<b>Total Fat</b>	30g		46%
	Saturated Fat	17g	86%
<b>Cholesterol</b>	86mg		29%
<b>Sodium</b>	834mg		35%
<b>Total Carbohydrates</b>	7g		2%
	Dietary Fiber	1g	5%
<b>Protein</b>	12g		
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<b>Vitamin A</b>			29%
<b>Vitamin C</b>			19%
<b>Calcium</b>			12%
<b>Iron</b>			9%

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