

Seafood Spread

Janice Romero - Kaplan, LA
Southern Living - 1987 Annual Recipes

Yield: 4 1/2 cups

1 can (4-1/2 ounce) tiny shrimp
1 envelope unflavored gelatin
2 tablespoons water
1 can (10-3/4 ounce) cream of tomato soup, undiluted
1 package (3 ounce) cream cheese, softened
1/2 cup mayonnaise
1/3 cup onion, diced
3/4 cup celery, diced
3/4 cup green pepper, diced
1/4 cup chopped olives
1/4 cup chopped pecans
1 can (6 ounce) white crabmeat, drained
1 can (6-1/2 ounce) clams, drained
1/8 teaspoon garlic powder
1/8 teaspoon pepper
1/2 teaspoon lemon juice
3 to 5 drops hot sauce
cooking spray

Drain the shrimp. Rinse and let stand in ice water for 20 minutes. Drain and set aside.

In a bowl, sprinkle the gelatin over the water. Set aside.

In a medium saucepan, combine the soup and cream cheese. Stir over low heat until well blended.

Add the mayonnaise and stir until blended. Remove from the heat.

Add the gelatin, shrimp, onion, celery, green pepper, olives, pecans, crabmeat, clams, garlic powder, pepper, lemon juice and hot sauce. Stir well

Pour into a five-cup mold coated with cooking spray.

Cover and chill for eight hours.

Per Serving (excluding unknown items): 2318 Calories; 202g Fat (74.6% calories from fat); 36g Protein; 119g Carbohydrate; 16g Dietary Fiber; 298mg Cholesterol; 19885mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 4 1/2 Vegetable; 0 Fruit; 27 1/2 Fat; 5 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|----------------------|-------|--------------------|--------|
| Calories (kcal): | 2318 | Vitamin B6 (mg): | 2.2mg |
| % Calories from Fat: | 74.6% | Vitamin B12 (mcg): | 8.4mcg |

% Calories from Carbohydrates: 19.5%
% Calories from Protein: 5.9%
Total Fat (g): 202g
Saturated Fat (g): 67g
Monounsaturated Fat (g): 64g
Polyunsaturated Fat (g): 55g
Cholesterol (mg): 298mg
Carbohydrate (g): 119g
Dietary Fiber (g): 16g
Protein (g): 36g
Sodium (mg): 19885mg
Potassium (mg): 2008mg
Calcium (mg): 373mg
Iron (mg): 12mg
Zinc (mg): 4mg
Vitamin C (mg): 619mg
Vitamin A (i.u.): 6741IU
Vitamin A (r.e.): 1377 1/2RE

Thiamin B1 (mg): .6mg
Riboflavin B2 (mg): 1.1mg
Folacin (mcg): 156mcg
Niacin (mg): 3mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 3
Vegetable: 4 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 27 1/2
Other Carbohydrates: 5

Nutrition Facts

Amount Per Serving

Calories 2318 **Calories from Fat:** 1730

% Daily Values*

| | | |
|----------------------------|---------|-------|
| Total Fat | 202g | 310% |
| Saturated Fat | 67g | 333% |
| Cholesterol | 298mg | 99% |
| Sodium | 19885mg | 829% |
| Total Carbohydrates | 119g | 40% |
| Dietary Fiber | 16g | 65% |
| Protein | 36g | |
| Vitamin A | | 135% |
| Vitamin C | | 1032% |
| Calcium | | 37% |
| Iron | | 65% |

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