

Surprise Spread

Most Loved Appetizers
Company's Coming Publishing Limited

Servings: 11

8 ounces cream cheese, softened
1/2 cup sour cream
1/4 cup salad dressing (or
mayonnaise)
3 cans (4 ounces ea) small shrimp,
rinsed and drained
1 cup seafood cocktail sauce
2 cups mozzarella cheese
1 medium green pepper, chopped
3 green onions, chopped
1 medium tomato, chopped

In a small bowl, combine the cream cheese, sour cream and salad dressing. Spread in an ungreased twelve-inch pizza pan or on a serving platter.

Scatter the shrimp over the cream cheese mixture.

Layer the remaining ingredients in this order over the shrimp: cocktail sauce, mozzarella cheese, green pepper, green onions and tomato.

Cover and chill until ready to serve.

Per Serving (excluding unknown items): 168 Calories; 15g Fat (76.8% calories from fat); 7g Protein; 3g Carbohydrate; trace Dietary Fiber; 48mg Cholesterol; 156mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	168
% Calories from Fat:	76.8%
% Calories from Carbohydrates:	7.1%
% Calories from Protein:	16.1%
Total Fat (g):	15g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	48mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 7g
Sodium (mg): 156mg
Potassium (mg): 113mg
Calcium (mg): 152mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 719IU
Vitamin A (r.e.): 185 1/2RE

Lean Meat: 1
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 11

Amount Per Serving

Calories 168 **Calories from Fat:** 129

% Daily Values*

Total Fat 15g	22%
Saturated Fat 9g	46%
Cholesterol 48mg	16%
Sodium 156mg	6%
Total Carbohydrates 3g	1%
Dietary Fiber trace	2%
Protein 7g	
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Vitamin A	14%
Vitamin C	21%
Calcium	15%
Iron	3%

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