

Shrimp Filling

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 1/2 cups

1/4 cup cream cheese, room temperature

1 tablespoon (or to taste) lemon juice, freshly squeezed and strained

1 tablespoon fresh chives, finely chopped

1 tablespoon scallions (including two inches of green tops), finely chopped
fresh dill (to taste), finely chopped

1/4 teaspoon Worcestershire sauce (or to taste)

salt (to taste)

Tabasco sauce (to taste)

1 cup shrimp, cooked, shelled, deveined and finely chopped

In a bowl, beat the cream cheese with the lemon juice until light and fluffy.

Add the chives, scallions, dill, Worcestershire, salt and Tabasco sauce. Mix thoroughly.

Add the shrimp and blend well.

Taste and adjust the seasoning.

Cover and refrigerate.

Per Serving (excluding unknown items): 516 Calories; 24g Fat (41.1% calories from fat); 53g Protein; 25g Carbohydrate; 1g Dietary Fiber; 423mg Cholesterol; 536mg Sodium. Exchanges: 7 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	516	Vitamin B6 (mg):	.1mg
% Calories from Fat:	41.1%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	18.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	40.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	24g	Folacin (mcg):	49mcg
Saturated Fat (g):	13g	Niacin (mg):	6mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	423mg
Carbohydrate (g):	25g
Dietary Fiber (g):	1g
Protein (g):	53g
Sodium (mg):	536mg
Potassium (mg):	828mg
Calcium (mg):	191mg
Iron (mg):	6mg
Zinc (mg):	3mg
Vitamin C (mg):	121mg
Vitamin A (i.u.):	1434IU
Vitamin A (r.e.):	395 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	7 1/2
Vegetable:	0
Fruit:	1 1/2
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 516 Calories from Fat: 212

% Daily Values*

Total Fat	24g	37%
Saturated Fat	13g	66%
Cholesterol	423mg	141%
Sodium	536mg	22%
Total Carbohydrates	25g	8%
Dietary Fiber	1g	4%
Protein	53g	
Vitamin A		29%
Vitamin C		202%
Calcium		19%
Iron		36%

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