

# Cheesy Shrimp Bisque

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## Servings: 5

1/2 cup sliced celery  
1 tablespoon butter or margarine  
1 package (8 ounce) cream cheese,  
cubed  
1 cup milk  
1/2 pound (8 ounce) Velveeta cheese,  
cut up  
1 package (6 ounce) frozen cooked  
tiny shrimp, thawed and drained  
1/3 cup dry white wine  
1/4 teaspoon dill weed

## Preparation Time: 10 minutes

In a two-quart saucepan on medium heat, cook and stir the celery in butter until tender. Reduce the heat to low.

Stir in the cream cheese and milk. Cook until the cream cheese is completely melted, stirring occasionally.

Add the Velveeta, shrimp and wine. Cook until the Velveeta is completely melted and the mixture is heated through, stirring occasionally.

Sprinkle with dill weed.

Start to Finish Time: 30 minutes

*You may vary the recipe by omitting the wine and increasing the milk to 1-1/3 cups.*

Per Serving (excluding unknown items): 225 Calories; 20g Fat (82.9% calories from fat); 5g Protein; 4g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 196mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	225
% Calories from Fat:	82.9%
% Calories from Carbohydrates:	7.5%
% Calories from Protein:	9.6%
Total Fat (g):	20g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	64mg
Carbohydrate (g):	4g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	11
% Refuse:	0.0%

## Food Exchanges

Dietary Fiber (g): trace  
 Protein (g): 5g  
 Sodium (mg): 196mg  
 Potassium (mg): 179mg  
 Calcium (mg): 103mg  
 Iron (mg): 1mg  
 Zinc (mg): trace  
 Vitamin C (mg): 1mg  
 Vitamin A (i.u.): 829IU  
 Vitamin A (r.e.): 241 1/2RE

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

## Nutrition Facts

Servings per Recipe: 5

### Amount Per Serving

Calories 225      Calories from Fat: 186

### % Daily Values\*

<b>Total Fat</b>	20g	31%
Saturated Fat	13g	63%
<b>Cholesterol</b>	64mg	21%
<b>Sodium</b>	196mg	8%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	5g	

<b>Vitamin A</b>	17%
<b>Vitamin C</b>	2%
<b>Calcium</b>	10%
<b>Iron</b>	4%

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