

Shrimp Spread or Dip



Serves 8

Ingredients:

- 1 can small shrimp
- 1 (8 ounce) package cream cheese
- 2 tablespoons mayonnaise
- 1/2 small onion, finely chopped
- 1 hard-boiled egg, finely chopped
- 2 tablespoons fresh lemon juice
- Salt and pepper, to taste

Instructions:

Mix all ingredients with a fork until well blended. Alternatively, pulse all ingredients in a food processor until just combined.

Nutrition per serving: Calories 147; Total Fat 13.1 g; Saturated Fat 6.1 g; Monounsaturated Fat 3.3 g; Polyunsaturated Fat 2.1 g; Total Carbohydrates 1.9 g; Dietary Fiber 0.1 g; Sugar Alcohols 0.0 g; Sugars 1.3 g; Protein 5.4 g; Sodium 174 mg