

Arnaud Sauce (Shrimp)

Mrs. Ford S. Lacey

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

2 jars (5-3/4 ounce ea) Zatarain's
creole mustard
3 tablespoons + 1 teaspoon prepared
horseradish
1 3/4 ounces paprika
3/4 cup olive oil
6 drops Tabasco sauce
salt (to taste)
coarse ground pepper (to taste)
5 pounds shrimp, boiled and peeled

In a bowl, combine the mustard, horseradish,
paprika, olive oil, Tabasco, salt and pepper. Mix
well.

Pour the mixture over the shrimp.

Marinate for twenty-four hours, stirring
occasionally.

Per Serving (excluding unknown
items): 4003 Calories; 207g Fat
(47.3% calories from fat); 466g
Protein; 52g Carbohydrate; 12g
Dietary Fiber; 3450mg Cholesterol;
3520mg Sodium. Exchanges: 2
Grain(Starch); 64 1/2 Lean Meat; 0
Vegetable; 33 1/2 Fat; 1/2 Other
Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	4003
% Calories from Fat:	47.3%
% Calories from Carbohydrates:	5.3%
% Calories from Protein:	47.4%
Total Fat (g):	207g
Saturated Fat (g):	27g
Monounsaturated Fat (g):	124g
Polyunsaturated Fat (g):	33g
Cholesterol (mg):	3450mg
Carbohydrate (g):	52g
Dietary Fiber (g):	12g
Protein (g):	466g
Sodium (mg):	3520mg
Potassium (mg):	5474mg

Vitamin B6 (mg):	1.0mg
Vitamin B12 (mcg):	22.7mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	146mcg
Niacin (mg):	64mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	2
Lean Meat:	64 1/2
Vegetable:	0
Fruit:	0

Calcium (mg): 1294mg
Iron (mg): 65mg
Zinc (mg): 25mg
Vitamin C (mg): 92mg
Vitamin A (i.u.): 34158IU
Vitamin A (r.e.): 4226RE

Non-Fat Milk: 0
Fat: 33 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 4003 Calories from Fat: 1895

% Daily Values*

Total Fat	207g	318%
Saturated Fat	27g	133%
Cholesterol	3450mg	1150%
Sodium	3520mg	147%
Total Carbohydrates	52g	17%
Dietary Fiber	12g	47%
Protein	466g	
Vitamin A		683%
Vitamin C		154%
Calcium		129%
Iron		363%

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