

Cauliflower with Shrimp Sauce

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

Servings: 6

*1 large cauliflower
1/2 cup sour cream
1 can cream of shrimp soup
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 cup slivered almonds, toasted*

Separate the cauliflower into large florets. Cook in boiling salted water for about 10 minutes. Drain.

In a saucepan, combine the soup, sour cream, salt and pepper. Blend well. Heat thoroughly but do not boil.

Place the cauliflower in a serving dish.

Top the cauliflower with sauce and almonds.

Per Serving (excluding unknown items): 131 Calories; 11g Fat (73.4% calories from fat); 4g Protein; 5g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 357mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	131
% Calories from Fat:	73.4%
% Calories from Carbohydrates:	15.4%
% Calories from Protein:	11.2%
Total Fat (g):	11g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	11mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	4g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	17mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2

Sodium (mg): 357mg
Potassium (mg): 179mg
Calcium (mg): 60mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 181IU
Vitamin A (r.e.): 48 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 131 Calories from Fat: 96

% Daily Values*

Total Fat	11g	17%
Saturated Fat	4g	18%
Cholesterol	11mg	4%
Sodium	357mg	15%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	5%
Protein	4g	
Vitamin A		4%
Vitamin C		13%
Calcium		6%
Iron		3%

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