

# Shrimp and Artichoke Casserole

Mrs. Dean M. Moseley

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

## Servings: 6

1 can (14 ounce) artichoke hearts,  
drained  
1 1/2 pounds shrimp, shelled,  
deveined and boiled  
3 tablespoons butter  
1 clove garlic, minced  
1 onion (or four green onions),  
chopped  
1/4 pound mushrooms (or drained  
four-ounce can), sliced  
1 can (10 ounce) cream of mushroom  
soup  
1/2 cup mayonnaise  
1 tablespoon Worcestershire sauce  
2 tablespoons dry sherry  
1/2 cup Parmesan cheese, grated  
1 package (10 ounce) frozen chopped  
spinach  
salt (to taste)  
pepper (to taste)  
paprika (to taste)

Preheat the oven to 375 degrees.

Place the artichokes in a buttered two-quart  
casserole. Add the shrimp.

In a skillet, saute' the garlic, onions and  
mushrooms in butter. Add the undiluted soup,  
mayonnaise, Worcestershire sauce, sherry,  
cheese, salt and pepper. Add the spinach which  
has been thawed and well drained.

Pour the mixture over the shrimp. Sprinkle with  
more cheese and paprika.

Bake for 20 minutes or until bubbly.

This may be garnished with parsley or bread  
crumbs.

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Per Serving (excluding unknown  
items): 388 Calories; 27g Fat  
(62.1% calories from fat); 29g  
Protein; 8g Carbohydrate; 3g  
Dietary Fiber; 200mg Cholesterol;  
721mg Sodium. Exchanges: 0  
Grain(Starch); 3 1/2 Lean Meat; 1  
Vegetable; 3 Fat; 0 Other  
Carbohydrates.

## Seafood

### Per Serving Nutritional Analysis

Calories (kcal):	388	Vitamin B6 (mg):	.2mg
% Calories from Fat:	62.1%	Vitamin B12 (mcg):	1.3mcg

% Calories from Carbohydrates: 8.2%  
 % Calories from Protein: 29.7%  
 Total Fat (g): 27g  
 Saturated Fat (g): 8g  
 Monounsaturated Fat (g): 7g  
 Polyunsaturated Fat (g): 9g  
 Cholesterol (mg): 200mg  
 Carbohydrate (g): 8g  
 Dietary Fiber (g): 3g  
 Protein (g): 29g  
 Sodium (mg): 721mg  
 Potassium (mg): 561mg  
 Calcium (mg): 258mg  
 Iron (mg): 5mg  
 Zinc (mg): 2mg  
 Vitamin C (mg): 27mg  
 Vitamin A (i.u.): 6430IU  
 Vitamin A (r.e.): 730 1/2RE

Thiamin B1 (mg): .1mg  
 Riboflavin B2 (mg): .2mg  
 Folic Acid (mcg): 104mcg  
 Niacin (mg): 3mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 6  
 % Daily Value

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 388      Calories from Fat: 241

### % Daily Values\*

<b>Total Fat</b>	27g	42%
Saturated Fat	8g	38%
<b>Cholesterol</b>	200mg	67%
<b>Sodium</b>	721mg	30%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	3g	12%
<b>Protein</b>	29g	
<b>Vitamin A</b>		129%
<b>Vitamin C</b>		45%
<b>Calcium</b>		26%
<b>Iron</b>		27%

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