

Shrimp and Mushroom Casserole

Mrs. C. Lenton Sartain

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

Servings: 4

1 pound shrimp
1 1/2 tablespoons butter or
margarine
2 teaspoons onions, chopped
2 teaspoons bell pepper, chopped
2 tablespoons flour
3/4 cup half and half
1/2 teaspoon paprika
1/2 teaspoon salt
1 can (6 ounce) button mushrooms
1/2 cup Cheddar cheese, grated
buttered bread crumbs
Parmesan cheese

Preheat the oven to 350 degrees.

Boil the shrimp in well-seasoned water.

In a saucepan, melt the butter. Add the onions and green pepper. Cook until tender.

Add the flour and blend. Add the half and half, paprika, salt, mushrooms and Cheddar cheese. (It is not necessary to thicken, but do not melt the cheese.)

Pour the mixture into a 1-1/2 quart casserole. Cover with the bread crumbs and Parmesan cheese.

Bake for 20 minutes.

(This dish freezes well.)

Per Serving (excluding unknown items): 295 Calories; 16g Fat (50.4% calories from fat); 29g Protein; 7g Carbohydrate; trace Dietary Fiber; 216mg Cholesterol; 586mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	295
% Calories from Fat:	50.4%
% Calories from Carbohydrates:	10.1%
% Calories from Protein:	39.5%
Total Fat (g):	16g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	13mcg

Saturated Fat (g): 9g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 216mg
Carbohydrate (g): 7g
Dietary Fiber (g): trace
Protein (g): 29g
Sodium (mg): 586mg
Potassium (mg): 365mg
Calcium (mg): 214mg
Iron (mg): 5mg
Zinc (mg): 2mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 898IU
Vitamin A (r.e.): 224RE

Niacin (mg): 4mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 295 **Calories from Fat:** 149

% Daily Values*

Total Fat 16g	25%
Saturated Fat 9g	46%
Cholesterol 216mg	72%
Sodium 586mg	24%
Total Carbohydrates 7g	2%
Dietary Fiber trace	2%
Protein 29g	
Vitamin A	18%
Vitamin C	8%
Calcium	21%
Iron	29%

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