Shrimp Casserole II

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Three Sisters Cookbook - Alexander City, AL

Servings: 12

8 ounces shell macaroni, cooked
1 stick margarine
2 cans cream of mushroom soup
1 cup milk
1 cup crabmeat (frozen preferred)
1 1/2 pounds shrimp
1 jar (2 ounce) diced pimiento
1 small can mushrooms, drained
1 teaspoon celery salt
1 teaspoon garlic salt
1/2 cup Parmesan cheese

Preheat the oven to 350 degrees.

In a bowl, mix all of the ingredients.

Refrigerate overnight.

Top with an additional 1/2 cup of Parmesan cheese.

Bake for 20 minutes.

Per Serving (excluding unknown items): 178 Calories; 12g Fat (60.3% calories from fat); 14g Protein; 3g Carbohydrate; trace Dietary Fiber; 92mg Cholesterol; 720mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	178	**Vitamin B6 (mg):**	trace
% Calories from Fat:	60.3%	**Vitamin B12 (mcg):**	.7mcg
% Calories from Carbohydrates:	7.7%	**Thiamin B1 (mg):**	trace
% Calories from Protein:	32.0%	**Riboflavin B2 (mg):**	.1mg
Total Fat (g):	12g	**Folacin (mcg):**	4mcg
Saturated Fat (g):	3g	**Niacin (mg):**	2mg
Monounsaturated Fat (g):	5g	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	3g	**Alcohol (kcal):**	0
Cholesterol (mg):	92mg	**% Refuse:**	0.0%
Carbohydrate (g):	3g	**Food Exchanges**	
Dietary Fiber (g):	trace	**Grain (Starch):**	0
Protein (g):	14g	**Lean Meat:**	2

Sodium (mg):	720mg	**Vegetable:**	0
Potassium (mg):	166mg	**Fruit:**	0
Calcium (mg):	110mg	**Non-Fat Milk:**	0
Iron (mg):	1mg	**Fat:**	2
Zinc (mg):	1mg	**Other Carbohydrates:**	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	487IU		
Vitamin A (r.e.):	120 1/2RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories   178   Calories from Fat: 107

	% Daily Values*
Total Fat 12g	18%
Saturated Fat 3g	14%
Cholesterol 92mg	31%
Sodium 720mg	30%
Total Carbohydrates 3g	1%
Dietary Fiber trace	1%
Protein 14g	

Vitamin A	10%
Vitamin C	3%
Calcium	11%
Iron	8%

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