

# Shrimp Fried Rice II

*Gourmet Eating in South Carolina - (1985)*

2 pounds medium shrimp  
1 medium onion, finely chopped  
2 stalks celery, finely chopped  
6 cups cooked rice  
4 eggs, scrambled  
2 cans bean sprouts, drained  
1/2 pound bacon, fried  
1/4 cup soy sauce  
salt (to taste)  
pepper (to taste)

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In a pot, boil the shrimp in the shell. Drain. Clean and devein the shrimp. Chop into pieces.

In a wok or skillet, saute' the shrimp, onion and celery in a small amount of bacon grease. Add the rice, eggs and bean sprouts.

Cut the bacon strips in half. Add to the shrimp and rice mixture.

Add the soy sauce. Let simmer on low heat for 10 to 15 minutes.

Add salt and pepper to taste.

(This dish is best when prepared in a wok.)

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Per Serving (excluding unknown items): 4161 Calories; 150g Fat (33.5% calories from fat); 319g Protein; 352g Carbohydrate; 12g Dietary Fiber; 2421mg Cholesterol; 9469mg Sodium. Exchanges: 20 Grain(Starch); 38 1/2 Lean Meat; 6 Vegetable; 17 1/2 Fat.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	4161	Vitamin B6 (mg):	11.4mg
% Calories from Fat:	33.5%	Vitamin B12 (mcg):	15.6mcg
% Calories from Carbohydrates:	34.9%	Thiamin B1 (mg):	3.7mg
% Calories from Protein:	31.6%	Riboflavin B2 (mg):	1.8mg
Total Fat (g):	150g	Folacin (mcg):	963mcg
Saturated Fat (g):	48g	Niacin (mg):	64mg
Monounsaturated Fat (g):	64g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	23g	Alcohol (kcal):	0
Cholesterol (mg):	2421mg	% Refuse:	n n%

Carbohydrate (g): 352g  
 Dietary Fiber (g): 12g  
 Protein (g): 319g  
 Sodium (mg): 9469mg  
 Potassium (mg): 4328mg  
 Calcium (mg): 819mg  
 Iron (mg): 35mg  
 Zinc (mg): 25mg  
 Vitamin C (mg): 134mg  
 Vitamin A (i.u.): 2761IU  
 Vitamin A (r.e.): 785RE

## Food Exchanges

Grain (Starch): 20  
 Lean Meat: 38 1/2  
 Vegetable: 6  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 17 1/2  
 Other Carbohydrates: 0

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## Nutrition Facts

### Amount Per Serving

**Calories** 4161                      **Calories from Fat:** 1394

### % Daily Values\*

<b>Total Fat</b> 150g	231%
Saturated Fat 48g	241%
<b>Cholesterol</b> 2421mg	807%
<b>Sodium</b> 9469mg	395%
<b>Total Carbohydrates</b> 352g	117%
Dietary Fiber 12g	48%
<b>Protein</b> 319g	
<b>Vitamin A</b>	55%
<b>Vitamin C</b>	224%
<b>Calcium</b>	82%
<b>Iron</b>	192%

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