

# Big Easy Barbecue Shrimp

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## Servings: 6

3 pounds unpeeled raw shrimp  
 3/4 cup butter  
 1/4 cup Worcestershire sauce  
 1/4 cup ketchup  
 3 bay leaves  
 2 lemons, sliced  
 2 tablespoons Old Bay seasoning  
 1 tablespoon Italian seasoning  
 2 tablespoons Asian chili-garlic sauce  
 2 teaspoons hot sauce  
 1 loaf (16 ounce) French bread  
 baguette, sliced

Preheat the oven to 325 degrees.

Place the shrimp in a shallow aluminum foil-lined broiler pan.

In a saucepan over low-heat, stir together the butter, Worcestershire, ketchup, bay leaves, lemons, Old Bay seasoning, chili-garlic sauce and hot sauce until the butter melts. Pour over the shrimp.

Bake for 25 minutes, stirring and turning the shrimp after 10 minutes.

Serve with the French bread.

Per Serving (excluding unknown items): 227 Calories; 23g Fat (86.8% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 493mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 4 1/2 Fat; 1/2 Other Carbohydrates.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	227
% Calories from Fat:	86.8%
% Calories from Carbohydrates:	11.7%
% Calories from Protein:	1.5%
Total Fat (g):	23g
Saturated Fat (g):	14g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	62mg
Carbohydrate (g):	7g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Dietary Fiber (g): trace  
 Protein (g): 1g  
 Sodium (mg): 493mg  
 Potassium (mg): 166mg  
 Calcium (mg): 25mg  
 Iron (mg): 1mg  
 Zinc (mg): trace  
 Vitamin C (mg): 31mg  
 Vitamin A (i.u.): 993IU  
 Vitamin A (r.e.): 229 1/2RE

Grain (Starch): 0  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 4 1/2  
 Other Carbohydrates: 1/2

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 227      Calories from Fat: 197

### % Daily Values\*

<b>Total Fat</b>	23g	36%
Saturated Fat	14g	72%
<b>Cholesterol</b>	62mg	21%
<b>Sodium</b>	493mg	21%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	trace	2%
<b>Protein</b>	1g	

<b>Vitamin A</b>	20%
<b>Vitamin C</b>	52%
<b>Calcium</b>	2%
<b>Iron</b>	5%

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