

Lime Rickey Shrimp

Nancy Vienneau
www.CommunityTable.com

Servings: 2

1 tablespoon olive oil
1 teaspoon finely grated lime peel
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 pound large raw shrimp, peeled and deveined
1/4 cup lime juice
1/4 cup vodka
1 tablespoon butter
1 cup green onions, chopped
2 tablespoons flat-leaf parsley, chopped

In a large bowl, mix the olive oil, lime juice, salt and pepper. Add the shrimp. Toss to coat.

In a small bowl, mix the lime juice and vodka.

In a skillet over medium heat, melt the butter. Add the green onions. Cook, stirring, until soft, about 3 to minutes. Push the onions to the side of the pan. Increase the heat. Add the shrimp mixture. Cook about 1-1/2 minutes. Flip the shrimp and cook the shrimp until cooked through, another 1-1/2 minutes.

Stir in the lime juice mixture. Cook for 1 minute until the shrimp are glazed and the liquid is slightly reduced.

Remove from the heat. Stir in the parsley.

You can substitute white grape juice for the vodka.

Per Serving (excluding unknown items): 199 Calories; 13g Fat (79.0% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 333mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	199	Vitamin B6 (mg):	trace
% Calories from Fat:	79.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	18.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	13g	Folacin (mcg):	33mcg
Saturated Fat (g):	4g	Niacin (mg):	trace

Monounsaturated Fat (g): 7g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 16mg
Carbohydrate (g): 6g
Dietary Fiber (g): 1g
Protein (g): 1g
Sodium (mg): 333mg
Potassium (mg): 172mg
Calcium (mg): 42mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 18mg
Vitamin A (i.u.): 405IU
Vitamin A (r.e.): 72 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 64
% Refuse: 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 199 **Calories from Fat:** 157

% Daily Values*

Total Fat	13g	19%
Saturated Fat	4g	22%
Cholesterol	16mg	5%
Sodium	333mg	14%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	6%
Protein	1g	
Vitamin A		8%
Vitamin C		30%
Calcium		4%
Iron		5%

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