

Piments Doux Farcis (Creole Stuffed Peppers)

Mrs. Hubert Waguespack

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

Servings: 4

*1 egg beaten
2 pounds fresh shrimp, peeled and chopped
salt (to taste)
pepper (to taste)
1/4 cup oil
6 bell peppers, finely chopped
1/2 large onion, finely chopped
1/2 to 3/4 cup parsley, finely chopped
1 cup homemade bread crumbs
8 to 10 bell pepper halves
buttered, seasoned Italian bread crumbs*

Preheat the oven to 350 degrees.

Add the egg to the chopped shrimp. Salt and pepper well. Mix thoroughly.

In a saucepan, saute' the shrimp mixture in oil until cooked. Add more oil and the chopped peppers, onions and celery. Cook until soft and mushy. Add the plain bread crumbs and season, if necessary.

In a saucepan, scald the bell pepper halves. Stuff with the shrimp mixture. Top with the seasoned bread crumbs. Place the pepper halves in a greased pan.

Bake the halves in the oven about 45 minutes.

Per Serving (excluding unknown items): 417 Calories; 18g Fat (39.0% calories from fat); 48g Protein; 15g Carbohydrate; 4g Dietary Fiber; 345mg Cholesterol; 344mg Sodium. Exchanges: 6 1/2 Lean Meat; 2 Vegetable; 2 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	417	Vitamin B6 (mg):	.5mg
% Calories from Fat:	39.0%	Vitamin B12 (mcg):	3.4mcg
% Calories from Carbohydrates:	14.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	46.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	18g	Folacin (mcg):	60mcg

Saturated Fat (g): 2g
Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 345mg
Carbohydrate (g): 15g
Dietary Fiber (g): 4g
Protein (g): 48g
Sodium (mg): 344mg
Potassium (mg): 799mg
Calcium (mg): 147mg
Iron (mg): 7mg
Zinc (mg): 3mg
Vitamin C (mg): 175mg
Vitamin A (i.u.): 1927IU
Vitamin A (r.e.): 274RE

Niacin (mg): 7mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 417 **Calories from Fat:** 163

% Daily Values*

Total Fat	18g	27%
Saturated Fat	2g	10%
Cholesterol	345mg	115%
Sodium	344mg	14%
Total Carbohydrates	15g	5%
Dietary Fiber	4g	15%
Protein	48g	
Vitamin A		39%
Vitamin C		291%
Calcium		15%
Iron		37%

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