

Cajun Shrimp Skillet

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Servings: 4

3 tablespoons butter
2 cloves garlic, minced
1/2 cup amber beer or beef broth
1 teaspoon Worcestershire sauce
1 teaspoon pepper
1/2 teaspoon salt
1/2 teaspoon dried thyme
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon crushed red pepper flakes
1/4 teaspoon cayenne pepper
1/8 pound uncooked large shrimp, peeled and deveined
hot cooked grits (optional)

In a large skillet, heat the butter over medium-high heat. Add the garlic; cook and stir for 1 minute. Stir in the beer, Worcestershire sauce and the seasonings. Bring to a boil.

Add the shrimp and cook for 3 to 4 minutes or until the shrimp turn pink, stirring occasionally.

If desired, serve over hot, cooked grits.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 82 Calories; 9g Fat (92.2% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 23mg Cholesterol; 367mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Chicken, Seafood

Per Serving Nutritional Analysis

Calories (kcal):	82	Vitamin B6 (mg):	trace
% Calories from Fat:	92.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	6.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	9g	Folacin (mcg):	1mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	23mg	% Daily Value*	0%

Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	367mg
Potassium (mg):	31mg
Calcium (mg):	16mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	397IU
Vitamin A (r.e.):	88RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 82 Calories from Fat: 76

% Daily Values*

Total Fat	9g	13%
Saturated Fat	5g	27%
Cholesterol	23mg	8%
Sodium	367mg	15%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	8%
Vitamin C	6%
Calcium	2%
Iron	3%

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