

Creole Spiced Shrimp

*Suzanne Lenzner - New York Times
Palm Beach Post*

Servings: 8

*1/2 cup Kosher salt
4 tablespoons sweet paprika
2 tablespoons crushed red pepper
2 tablespoons black peppercorns
2 tablespoons chili powder
1 tablespoon fennel seed, crushed
1 teaspoon garlic powder
1 teaspoon cayenne pepper
1 teaspoon whole cloves
1 teaspoon coriander seed
1 teaspoon allspice
2 lemons, halved
4 fresh bay leaves
1 onion, coarsely chopped
2 stalks celery, coarsely chopped
48 medium shrimp, shells cut down
the back and veins removed*

Fill a large pot with about two gallons of water. Add all of the ingredients except the shrimp. Bring to a boil. Reduce the heat, cover and continue to simmer over moderate heat for 5 minutes.

Add the shrimp to the pot and return to a simmer. Cover and remove the pot from the heat. Let stand until the shrimp are just cooked through, 3 to 5 minutes. Drain, discard the boil, and refrigerate the shrimp until chilled, about one hour; peel.

Serve on top of chowchow, drizzled with some of the vegetables' pickling liquid, or on a platter with chowchow on the side.

Per Serving (excluding unknown items): 72 Calories; 1g Fat (15.4% calories from fat); 9g Protein; 9g Carbohydrate; 3g Dietary Fiber; 55mg Cholesterol; 5726mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	72
% Calories from Fat:	15.4%
% Calories from Carbohydrates:	42.2%
% Calories from Protein:	42.4%
Total Fat (g):	1g
Saturated Fat (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	12mcg
Niacin (mg):	1mg

Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 55mg
Carbohydrate (g): 9g
Dietary Fiber (g): 3g
Protein (g): 9g
Sodium (mg): 5726mg
Potassium (mg): 262mg
Calcium (mg): 69mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 922IU
Vitamin A (r.e.): 105RE

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

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 72 **Calories from Fat:** 11

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	1%
Cholesterol	55mg	18%
Sodium	5726mg	239%
Total Carbohydrates	9g	3%
Dietary Fiber	3g	12%
Protein	9g	
Vitamin A		18%
Vitamin C		25%
Calcium		7%
Iron		16%

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