

# Diablo Shrimp Saute'

Fisberman's Wharf Seafood

**Servings: 2**

- 12 ounces shrimp, deveined, tail on
- 1 clove garlic, minced
- 1 jalapeno pepper, chopped and seeds removed
- 1 can diced tomatoes, drained
- 1 cup red onions, chopped
- 2 tablespoons fresh lemon juice
- 1 / 2 cup white wine
- 4 tablespoons butter
- 1 / 2 pound linguine, cooked
- salt (to taste)
- pepper (to taste)
- Parmesan cheese (for garnish)

In a large saute' pan over medium heat, melt the butter.

Add the onions and jalapeno. Cook about 3 minutes.

Add the garlic, diced tomato and the shrimp. Saute' for 2 minutes.

Add the lemon juice and white wine. Cook until the sauce thickens.

Divide the linguine onto two plates. Cover with shrimp and sauce. Garnish with the Parmesan cheese.

Per Serving (excluding unknown items): 902 Calories; 28g Fat (29.5% calories from fat); 51g Protein; 100g Carbohydrate; 5g Dietary Fiber; 321mg Cholesterol; 508mg Sodium. Exchanges: 5 1/2 Grain(Starch); 5 Lean Meat; 2 Vegetable; 0 Fruit; 4 1/2 Fat.

Seafood

**Per Serving Nutritional Analysis**

Calories (kcal):	902	Vitamin B6 (mg):	.3mg
% Calories from Fat:	29.5%	Vitamin B12 (mcg):	1.7mcg
% Calories from Carbohydrates:	46.7%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	23.8%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	28g	Folacin (mcg):	60mcg
Saturated Fat (g):	15g	Niacin (mg):	14mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	40
Cholesterol (mg):	321mg	% Refuse:	n n%
Carbohydrate (g):	100g		

**Food Exchanges**

Dietary Fiber (g): 5g  
Protein (g): 51g  
Sodium (mg): 508mg  
Potassium (mg): 919mg  
Calcium (mg): 146mg  
Iron (mg): 9mg  
Zinc (mg): 3mg  
Vitamin C (mg): 36mg  
Vitamin A (i.u.): 1752IU  
Vitamin A (r.e.): 364RE

Grain (Starch): 5 1/2  
Lean Meat: 5  
Vegetable: 2  
Fruit: 0  
Non-Fat Milk: 0  
Fat: 4 1/2  
Other Carbohydrates: 0

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## Nutrition Facts

Servings per Recipe: 2

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### Amount Per Serving

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<b>Calories</b>	902	Calories from Fat: 266
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### % Daily Values\*

<b>Total Fat</b>	28g	43%
Saturated Fat	15g	75%
<b>Cholesterol</b>	321mg	107%
<b>Sodium</b>	508mg	21%
<b>Total Carbohydrates</b>	100g	33%
Dietary Fiber	5g	22%
<b>Protein</b>	51g	

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<b>Vitamin A</b>	35%
<b>Vitamin C</b>	60%
<b>Calcium</b>	15%
<b>Iron</b>	51%

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