

Garlic Shrimp II

Susan McEwen McIntosh
"Southern Living" Cooking Light - 1983

Servings: 6

6 cups water
2 pounds unpeeled large fresh shrimp
vegetable cooking spray
1/4 cup scallions or green onions,
chopped
2 teaspoons minced garlic
1/4 cup dry white wine
1/4 cup water
1 teaspoon lemon juice
1/2 teaspoon salt
1/8 to 1/4 teaspoon coarsely ground
black pepper
1 teaspoon dried whole dillweed
1 teaspoon fresh parsley, chopped
3 cups hot cooked rice

Bring the water to a boil. Add the shrimp and return to a boil. Reduce the heat and simmer for 3 to 5 minutes. Drain well. Rinse with cold water. Peel and devein the shrimp.

Coat a large skillet with cooking spray. Place over medium heat until hot. Add the scallions and garlic. Saute' until the scallions are tender.

Add the shrimp, white wine, water, lemon juice, salt and pepper. Cook over medium heat for about 5 minutes, stirring occasionally. Stir in the dillweed and parsley.

Serve over rice.

Per Serving (excluding unknown items): 129 Calories; trace Fat (2.1% calories from fat); 3g Protein; 27g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 188mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	129	Vitamin B6 (mg):	.9mg
% Calories from Fat:	2.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	89.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	8.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	54mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	7
		% Refuse:	0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	27g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	188mg
Potassium (mg):	56mg
Calcium (mg):	22mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	21IU
Vitamin A (r.e.):	2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	129	Calories from Fat:	3
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	188mg	8%
Total Carbohydrates	27g	9%
Dietary Fiber	trace	2%
Protein	3g	
Vitamin A		0%
Vitamin C		2%
Calcium		2%
Iron		2%

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