

Garlic Shrimp with Cream Sauce

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

1 pound jumbo shrimp
1 pint half-and-half
flour (for dredging)
1 cup extra-virgin olive oil
1 cup vegetable oil
1 large egg yolk
juice of 1/2 lemon
1/2 cup butter
2 cloves garlic, minced
chopped parsley (as desired)

Preheat the oven to broil.

Clean and devein the shrimp. Place in a bowl with the half-and-half. Soak for 10 minutes. Drain. Dredge the shrimp in flour.

In a skillet, mix the olive and vegetable oils. Saute' the shrimp in the oil mixture for 5 minutes without turning. Remove the shrimp from the skillet. Place on a baking sheet.

Broil for 5 minutes.

In a heavy saucepan, mix the egg yolk and lemon juice. Add half of the butter. Stir over low heat until the butter is melted. Add the garlic and remaining butter. Stir briskly until the butter melts and the sauce thickens. Add the parsley.

Place the shrimp in a serving bowl. Pour the cream sauce over the top.

Serve with rice or pasta, if desired.

Per Serving (excluding unknown items): 5199 Calories; 539g Fat (92.2% calories from fat); 96g Protein; 6g Carbohydrate; trace Dietary Fiber; 1151mg Cholesterol; 1617mg Sodium. Exchanges: 13 1/2 Lean Meat; 1/2 Vegetable; 106 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	5199	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	92.2%
% Calories from Carbohydrates:	0.5%
% Calories from Protein:	7.3%
Total Fat (g):	539g
Saturated Fat (g):	115g
Monounsaturated Fat (g):	317g
Polyunsaturated Fat (g):	71g
Cholesterol (mg):	1151mg
Carbohydrate (g):	6g
Dietary Fiber (g):	trace
Protein (g):	96g
Sodium (mg):	1617mg
Potassium (mg):	909mg
Calcium (mg):	297mg
Iron (mg):	12mg
Zinc (mg):	5mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	4608IU
Vitamin A (r.e.):	1200 1/2RE

Vitamin B12 (mcg):	5.8mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	41mcg
Niacin (mg):	11mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	13 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	106
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	5199	Calories from Fat: 4794
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% Daily Values*

Total Fat	539g	829%
Saturated Fat	115g	573%
Cholesterol	1151mg	384%
Sodium	1617mg	67%
Total Carbohydrates	6g	2%
Dietary Fiber	trace	0%
Protein	96g	
Vitamin A		92%
Vitamin C		18%
Calcium		30%
Iron		67%

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