

Polynesian Shrimp and Pineapple

Susan McEwen McIntosh
"Southern Living" Cooking Light - 1983

Servings: 6

6 cups water
2 pounds unpeeled large fresh shrimp
vegetable cooking spray
1 teaspoon reduced-calorie margarine
1 medium green pepper, cut into one-inch cubes
1 can (15-1/4 ounce) unsweetened pineapple chunks, undrained
2 tablespoons cornstarch
1 can (10-1/2 ounce) beef broth, undiluted
1 tablespoon soy sauce
1 teaspoon lemon juice
1 package (6 ounce) frozen Chinese pea pods, thawed and drained
3 cups hot cooked rice

Bring the water to a boil; add the shrimp and return to a boil. Reduce the heat and simmer, uncovered, for 3 to 5 minutes. Drain well and rinse the shrimp with cold water. Peel and devein.

Coat a large skillet with cooking spray. Add the margarine and place over medium heat until the margarine is melted. Add the green pepper to the skillet. Saute' until tender. Remove the pepper and set aside.

Drain the pineapple reserving 1/2 cup of juice. Combine the reserved 1/2 cup of the pineapple juice, the cornstarch, beef broth, soy sauce and lemon juice in the skillet. Bring to a boil and cook until smooth and slightly thickened, stirring constantly.

Add the shrimp, green pepper, pineapple chunks and pea pods to the sauce. Cook until thoroughly heated.

Serve over rice.

Per Serving (excluding unknown items): 150 Calories; 1g Fat (3.8% calories from fat); 5g Protein; 31g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 402mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	150	Vitamin B6 (mg):	.9mg
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% Calories from Fat:	3.8%
% Calories from Carbohydrates:	83.6%
% Calories from Protein:	12.7%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	31g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	402mg
Potassium (mg):	129mg
Calcium (mg):	20mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	18mg
Vitamin A (i.u.):	154IU
Vitamin A (r.e.):	19RE

Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	60mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	150	Calories from Fat: 6
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% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	402mg	17%
Total Carbohydrates	31g	10%
Dietary Fiber	1g	3%
Protein	5g	
Vitamin A		3%
Vitamin C		31%
Calcium		2%
Iron		3%

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