

Shrimp and Rice

Jean Croyle

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

1 1/2 pounds fresh shrimp
4 to 6 medium fresh tomatoes OR
one 16-ounce can tomatoes
3 tablespoons olive oil
4 tablespoons butter or margarine,
divided
1 tablespoon garlic, finely minced
salt (to taste)
pepper (to taste)
1 tablespoon parsley, finely chopped
1 teaspoon basil (optional)
1 cup converted rice, prepared
according to package directions

Shell and devein the shrimp. Set aside.

Peel and core the tomatoes. Cut lengthwise and remove the seeds. Cut into 1/2-inch cubes.

In a large heavy skillet, heat the olive oil and two tablespoons of butter. Add the garlic, salt, pepper and tomatoes. Cook over medium heat until tender, about 5 minutes. Add the shrimp and parsley. Cook and stir for an additional 5 minutes or until the shrimp are pink.

Serve over rice or vermicelli.

Per Serving (excluding unknown items): 545 Calories; 24g Fat (41.2% calories from fat); 39g Protein; 40g Carbohydrate; trace Dietary Fiber; 290mg Cholesterol; 369mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 Lean Meat; 0 Vegetable; 4 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	545
% Calories from Fat:	41.2%
% Calories from Carbohydrates:	30.0%
% Calories from Protein:	28.8%
Total Fat (g):	24g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	290mg
Carbohydrate (g):	40g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	2.6mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Dietary Fiber (g): trace
 Protein (g): 39g
 Sodium (mg): 369mg
 Potassium (mg): 327mg
 Calcium (mg): 96mg
 Iron (mg): 4mg
 Zinc (mg): 2mg
 Vitamin C (mg): 4mg
 Vitamin A (i.u.): 740IU
 Vitamin A (r.e.): 199RE

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 545 Calories from Fat: 224

% Daily Values*

Total Fat	24g	38%
Saturated Fat	9g	44%
Cholesterol	290mg	97%
Sodium	369mg	15%
Total Carbohydrates	40g	13%
Dietary Fiber	trace	0%
Protein	39g	

Vitamin A	15%
Vitamin C	7%
Calcium	10%
Iron	23%

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